

Let's Talk... Body Image



AUDIENCE
Age 10+



SESSION LENGTH
15-30 minutes

BE KIND AND BUILD EACH OTHER UP USING A POSITIVE BODY IMAGE CHATTERBOX.

Using positive, neutral, kind and helpful language to discuss and talk about health and bodies can help to build a healthy body image in young people.

Knowing what to say to friends (or family members) when they aren't feeling great or if they make negative comments about themselves or their body can be tricky, particularly for young people who are developing and trying to navigate our image obsessed world themselves.

Being a positive role, model, sharing messages that are positive, kind and reaffirming can help everyone to feel good.

TO CLOSE :

Using positive messaging and language when talking about health, appearances and bodies can help to build body confidence.

ACTIVITY AIM :

This activity encourages students to be a BodyKind Leader and share positive and balanced messages with their classmates, friends and family. Spreading body positive messages and being BodyKind to ourselves and others helps everyone feel good!

MATERIALS NEEDED:

- Let's Talk... Body Image Chatterbox (completed or blank template depending on how you are choosing to run the activity)
- Scissors
- Coloured pencils (optional)

HOW TO:

➤ Provide each student with their own chatterbox handout. You can use the pre-filled activity or if students are creating their own, provide them with the pre-filled version (as an example) and also the blank template.

➤ If completing their own, it is recommended that this would follow a more formal lesson about body image (i.e. Dove Confident Me available on the resource [portal](#), or Free to BE lesson, available from [Butterfly](#)).

➤ Students can decorate their chatterbox or simply follow the step-by-step instructions to make their Let's Talk... Body Image chatterbox.

➤ Allow students some time to move around the classroom practicing their 'champion' skills using the chatterbox.

** For a video to support the making of the chatterbox, please see here: <https://www.youtube.com/watch?v=WpsmrQdNODo>

SUGGESTED POST ACTIVITY DISCUSSION QUESTIONS :

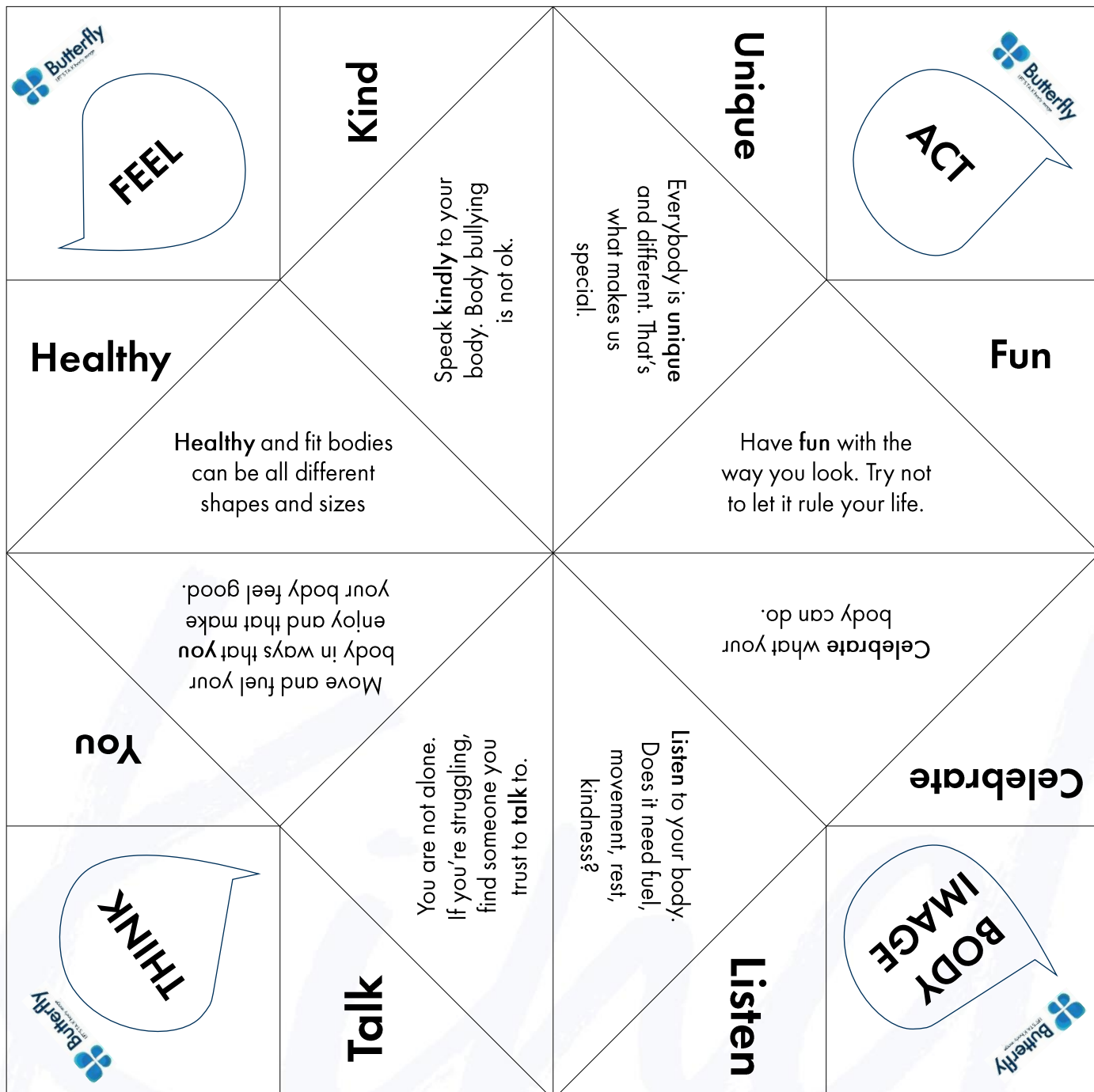
- What did they enjoy about the activity?
- How or where are other ways they could use their Let's Talk... Body Image chatterbox?
- What was their favourite message? Why?
- What could you do if someone rejects the positive message?
- How did they feel sharing positive messages with their classmates?

To find out more, contact:

E: education@butterfly.org.au
www.butterfly.org.au

Be a champion and spread the good body image vibes only.

1. Cut out the chatterbox, around the large square.
2. With the print side UP, fold in half and in half again.
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the speech bubbles and words, Body Image, Think, Feel, Act.
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the speech bubbles should now be at the front with centres touching and you are ready to use your Let's Talk... Body Image chatterbox and share some positive messages, to your friends and self!



Be a champion and spread the good body image vibes only.
Create your own positive and uplifting messages using this blank template.
The arrows point in the direction to write!

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