

Let's Talk...

The ME you don't SEE



AUDIENCE
Age 11+



SESSION LENGTH
20 - 40 minutes

ENCOURAGE YOUNG PEOPLE TO SEE AND BE MORE THAN THEIR APPEARANCE.

Adolescence is a vital stage for the development of identity and a healthy body image.

Young people are bombarded with hundreds of highly stylised, filtered and flawless images every day. Images that tell them how they should look, behave, be.

Young people are used to expressing themselves through carefully created social media posts in which they use selfies to construct their digital selves.

Encouraging young people to see themselves beyond their physical self and reflect on their passions can help them to develop a healthy, whole sense of self.

TO CLOSE :

Remember, we are so much more than our appearance. Let's value character and the things we do and love over how we look.

ACTIVITY AIM:

This activity encourages young people to explore their identity in a way that goes beyond physical appearance by inviting them to create a 'profile picture' that tells the story of themselves without using a 'selfie'. This can be adapted for younger students by replacing the idea of a 'profile picture' with a 'personal portrait' at a gallery.

MATERIALS NEEDED:

- Paper, pen, scissors
- Magazines (or Word Art platform/digital cameras - optional)

HOW TO:

➤ Explain that physical appearance has increasingly become central to defining personal identity (think of the proliferation of social media). However, our identities are complex and what shapes us as people goes far beyond our physical self.

➤ Ask students to think about what makes them who they are – the things other people might not immediately see. Ask them to write down their interests, hobbies, what they are passionate about, the traditions they celebrate, the things they like to do with their friends and family, along with their personal attributes.

➤ Young people may then like to create a picture collage (online or paper), use a word art platform www.wordclouds.com or right a short story/poem to represent the 'ME you don't SEE'. Students could also undertake a photography task as a take-home activity. Remember, no selfies!

➤ Once completed, encourage students (who feel comfortable doing so) to share with peers their 'profile picture' either verbally or through an 'expo' style.

SUGGESTED POST ACTIVITY DISCUSSION QUESTIONS:

- What did they enjoy about the activity?
- Why is it important that we look beyond the physical appearance of ourselves?
- What new thing did they learn about each other?
- How might this change the way they represent themselves on social media?

To find out more, contact:

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LET'S TALK body image