

Body Positivity and Social Media



PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.

RMA PSHE GROUND RULES



RUSHEY MEAD
ACADEMY

- **Respect everyone** Don't laugh at others, mock others or be insensitive
- **Don't judge others** Remember you do not know about other people's situations
- **Listen to each other** Listen to each other and your teacher to get the most out of it
- **Keep the conversation** Do not gossip or share personal information with anyone
- **Get further support** Speak to someone at school if you need any help or support

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Recall Activity

Emotional
Resilience is

the ability to adapt to and cope with stressful situations, and to return to an improved emotional state.

When we don't
succeed in something

Running away when
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Name one coping strategy that
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- Looking at things from other perspectives
- Practicing positivity
- Being kind to yourself

Key Words

Body Image

a combination of the thoughts and feelings that you have about your body.

Body Shaming

the act of criticising or mocking someone for their body shape, size, or appearance.

Body Dysmorphia

a mental health condition where you spend a lot of time worrying about your appearance.

Body Positivity and Social Media

Today, we will:

- Recognise the impact of social media on body image
- Know who to ask for advice and where to look for guidance on body image and online stress
- Use techniques for minimising stress that may arise from a negative perception of our body image influenced by social media

What is Body Image?

Body image is a combination of **the thoughts and feelings** that you have about your body.

Positive body image relates to **body satisfaction**, while **negative body image** relates to **dissatisfaction**.

Body image relates to:

what a person **believes about their appearance**
how they feel about their **body, height, weight, and shape**
how they sense and **experience their body**



What Influences our Thoughts About Body Image?

Discuss with the person next to you - what influences what we think about how our bodies should look? Use the images to help you.



You may have said:

TV shows

Social Media

Discrimination

Fashion Industry

Peers

Adverts

Beauty Industry

Family Members

<https://bcove.video/3cecH5l> watch this short video about body image before continuing with the lesson.

Body Image – Behind the Selfie

Today, we are going to be looking at the impact of social media on our body image.

Social media plays a big role in all of our lives, and it is important to know how we are influenced by it.

Mohammed is trying to take the perfect selfie to post online. He feels really pressured to only post a picture he looks good in.

Jack follows Mohammed. He thinks Mohammed's pictures always look much better than his, and Mohammed's large number of followers makes him feel down about himself.

Ava is Mohammed's friend and rates his selfie 3/10 as a joke. Other people start to copy her and add hurtful comments, so he deletes the selfie.

- What might be going through each character's mind?
- What feelings and emotions could they be experiencing?
- How might their body image and body confidence be affected by their experiences online?

Body Image – Behind the selfie

Mohammed feels under pressure to look good to other people. He might feel that he has to change his appearance to fit in or that he won't be popular if he doesn't look good. If he does get positive comments it will make him feel good

Jack feels that he isn't good enough.
He judges his self-worth on how many likes and followers he has. He compares himself to others and this lowers his self-esteem. This might make him feel sad and feel the need to change his appearance.

Ava thought she was being funny but it has had a really negative affect on Mohammed. Ava might feel guilty because others are being mean to him. Mohammed will feel less confident or feel the need to look better next time.

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- What feelings and emotions could they be experiencing?
- How might their body image and body confidence be affected by their experiences online?

Body Image and Social Media – Key Facts

95% of young people own or have access to a smartphone with **45%** of teens reporting they use the internet '**almost constantly**'

Research has found **links** between the use of social media, especially picture based **social media sites**, and **negative body image**.

Research has shown that **passive use** of social media (looking at your feed regularly but not really posting much) has **a worse impact on your body image**

Social media has **positive benefits** including an increase in **social support** which is **healthy**

Adolescence is an important time for **developing a positive body image** as we know that having a negative body image can make people less likely to do **activities such as sports**, can **impact self esteem and wellbeing**

What is Body Dysmorphia?

Body dysmorphia, or body dysmorphic disorder (BDD), is a condition where an individual becomes obsessive about a **perceived flaw in their appearance**. The word **perceived** is important here, as the issue may be imagined or unnoticeable to others. A person experiencing body dysmorphia becomes **self-conscious about their appearance and believes that other people are noticing and judging them**.

Social Media and Body Dysmorphia

Social media can contribute to body dysmorphia in several ways, including:

Unrealistic beauty standards: Social media can expose people to unrealistic beauty standards, which can impact how they think they should look.

Perfectionism: Perfectionism can be a risk factor for body dysmorphia, and social media can contribute to socially-prescribed perfectionism.

Non-stop exposure: Constantly seeing your appearance can lead to a distorted self-image



How to Manage Social Media Impacts on Body Image

Remove app(s) from your phone that make you feel bad about how you look or who you are.

Put a limit on your social media use – the more you use social media the more you may be affected by it

Delete account(s) that you notice make you upset or feel bad about yourself.

Ask “why am I posting this” before sharing. If it is to boost how you feel about your appearance, are there other ways to make you feel good about yourself that don’t involve shape or weight?

Unfollow people who are unhelpful toward your mental health and body image.

Try to follow accounts or people that are not about appearance

If you spot someone who is getting a hard time on social media, talk to them about it in person or let an adult know

Follow accounts and people that make you feel good about yourself.

Make sure you spend time with your friends in real life who make you feel good.

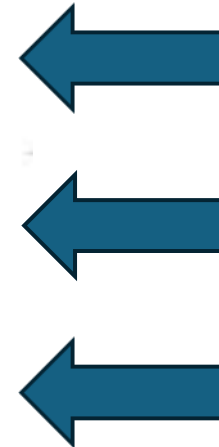
Body Shaming

Body shaming is the act of saying something **negative about a person's body**. It can be about your own body or someone else's. The commentary can be about a person's size, age, hair, clothes, food, hair, or level of perceived attractiveness.

Body shaming can lead to **mental health issues** including eating disorders, depression, anxiety, low self-esteem, and body dysmorphia, as well as the **general feeling of hating one's body**.

You might see it as a joke or you might think that it is ok to make a comment to a friend about their appearance, but you **never know the damage** your comments can do. That is why at **RMA we do not** make negative comments or jokes about how another person looks.

British Values Links



Today's learning links to the British Values:
Mutual Respect
Individual Liberty
Tolerance of Different Faiths and Beliefs

Help with Body Image

If you need support with body image or anything you have learnt today, you can speak to:

- Your form tutor
- Your year team
- Any of your teachers or teaching assistants
- Any of the safeguarding team

For support out of school these places can help:

Childline – 0800 1111

Young Minds - [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

Health for Teens - [Health For Teens](#) | [Everything you wanted to know about health](#)



Meet your Safeguarding Team
please share your concerns

STUDENTS
If you are worried about your safety and need support, please email us on safe@rushey-tmet.uk

STAFF
Report via the desktop app or if you do not have access to this, email us on safeguarding@rushey-tmet.uk

STAFF
RMA Safeguarding Concern Form

Portrait	Name	Role
	Victoria Barwell	Principal
	Faisal Lohar	Vice Principal
	Andrew Curran	Safeguarding Officer
	Victoria Harrisonwild	Academy Manager
	Shireen Takolia	SENCO
	Marion Bullivant	Family Support Worker
	Maria Jones	Family Support Worker
	Sarah Harriman	Assistant Principal
	Alex Furniss	HLTA DSP
	David Harilal	Assistant Head of Year 7
	Charanjit Kaur	Assistant Head of Year 8
	Meera Pithwa	Assistant Head of Year 9
	Joseph Tailby	Assistant Head of Year 10
	Pamela Raj	Assistant Head of Year 11