Self Esteem and Body Image, & What Affects our Body Image Facilitator
Note and Worksheets

You may find that participants talk more about their body image and what makes them feel good about how they look. They may refer to magazine images of perfection etc.

Encourage young carers to think about what self-esteem is. Answers you are looking for are:

- Being happy with yourself
- Accepting your body as it is
- Holding your head up high about the way you look
- Not being overly concerned by your body
- Not being self-conscious about your body

Much of this material comes from a resource which can be obtained from www.campaignforrealbeauty.co.uk/dsef; this forms part of the Real Beauty Educational Series co-produced with Dove Self Esteem Fund and beat, which is a UK charity providing support and information about eating disorders. The resource is called “Body Talk – Building Body Confidence”.

You can get more information about beat on their web site www.b-eat.co.uk

When working on activity “What affects our Body Image?” Encourage participants to think about how the media portrays men and women. Get them to identify possible pictures which have been altered to make person more attractive etc. Discuss what the effects of this are.

You can get participants to discuss what common concerns they have about body image, but be careful about who you have in the group. If you know there is someone who is having problems with body image, it may be a good idea not to do this activity, or keep it general and talk about celebrities or athletes.

Give participants an exercise on finding ways of improving their self-esteem and body image. This could be through going to the gym, healthy eating etc. Invite guest speakers in who could help with this. May be a good idea to look at healthy eating and what that means, or hold a cookery demonstration or visit a gym to talk about exercise as a way of helping to maintain good self-esteem.
Self Esteem and Body Image, Worksheet

What can build good feelings about your body and give you positive self-esteem? Fill the shapes below with your answers. Identify which ones give you most support?
What Affects our Body Image Work Sheet

natural  happy  strong  elegant
beautiful  fake  real  brainy  popular
fit  nice  confident  normal
sensitive  Show-off  serious  sad  curvy
caring  Too perfect
unusual  positive  cool  ordinary  stupid

sexy