



Breaking News on Body Confidence

What to say:

Talk about these three things during your press statement:

Tell other participants what the Image Myth is and how it's promoted to us.

Talk about the downsides that come from trying to match the Image Myth and why you've decided to leave Gloss magazine.

Give participants advice about what they could say or do to fight the pressure to look like the Image Myth to boost their body confidence.

How to say it:

Ways you could put your message across. Be creative!

Hi, we are... (say all your names)... coming to you live from _____ and we have a question for you! Do you want to learn how to love and respect your body? Listen closely and learn how.

First, girls should find out about the Image Myth.

The Image Myth says all girls should look one way. According to the Image Myth, she should be... (Everyone could take turns saying something from the Image Myth List - make sure you show how ridiculous it is!)

Now that we know what it is, let's talk about where the Image Myth comes from.

We hear about it and are encouraged to look like it by... (airbrushing, TV shows, advertisements, diet industry, talking with friends...).

It's not good to try to look like the Image Myth, because _____ (each group member could say one downside each - use the body outlines you made last session).

One way you can fight against the Image Myth is by...

Our last piece of advice is to always remember:
Love and respect your body and yourself!!

