

Disclaimer

We hope you find the information on our website and resources useful. This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on students you use it with due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your students. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected.

Discussing Body Image Scenarios

These scenarios and questions are designed to be used for discussion or as a role-play exercise.

They are designed to support small groups to discuss and experience situations where people don't have a positive body image.

Please be aware that body image may be a sensitive topic for some young people and they may choose not to take part in the activity or may want to discuss any issues that have been raised by the activity. Always give young people the opportunity to discuss any uncomfortable feelings with you or another member of staff. Please always seek specialist support where appropriate.



Scenario Card 1:

A group of friends have been invited to a party and a sleepover for Jinny's birthday. Jinny plans to watch a movie and have party food before going to bed. Jinny has known most of the girls for a few years but there is one new friend who she has only known for a few months. Her new friend is called Tilly.

The girls have had a sleepover before at Jinny's but not with Tilly.

Jinny really likes Tilly and thinks she is funny and kind. However, Jinny is worried about wearing her short pyjamas in front of Tilly because she thinks she has really long, skinny legs. Her friends tease her sometimes for being skinny but she always tries to show she isn't bothered by laughing along.

Once you have discussed or role-played the above situation think about the following questions:

- Do you think Jinny should be worried?
- How do you think Tilly would feel if she knew Jinny was worried about wearing her short pyjamas in front of her?
- Do you think Jinny should just laugh along with her friends?
- What do you think might make Jinny feel better about herself?





Scenario Card 2:

Cyril is ten years old and plays football and rugby. He plays in defence and as a prop in rugby league. Cyril is tall for his age and already has size eight feet. He has overheard a lot of players saying that he can't be ten because he is too big.

Cyril feels like a lot of people think he is too big. He has even tried to bend down so he doesn't look taller than his friends but that doesn't work.

His friends know that Cyril is taller than them but they don't say anything to him. They like the fact that he is tall because he is great at defending the ball and is brilliant on a rugby pitch.

Cyril is always thinking about his size compared to his friends. He would rather be smaller like them and blend in with them more. He doesn't like standing out.

His friends only think positive things about him. They are not aware of how he feels.

- Do you think Cyril should tell his friends about how he feels?
- Why do you think Cyril worries that people think he is too big?
- What could Cyril do to feel better about himself?
- Do you think Cyril should focus on his strengths and qualities rather than the issues he has with his size?





Scenario Card 3:

Melissa is very short for her age. She has always been small. She is in year 6 at school and some of the year 3 children are taller than her.

Her friends are all taller than her and they laugh at her, saying that her school bag is even bigger than her!

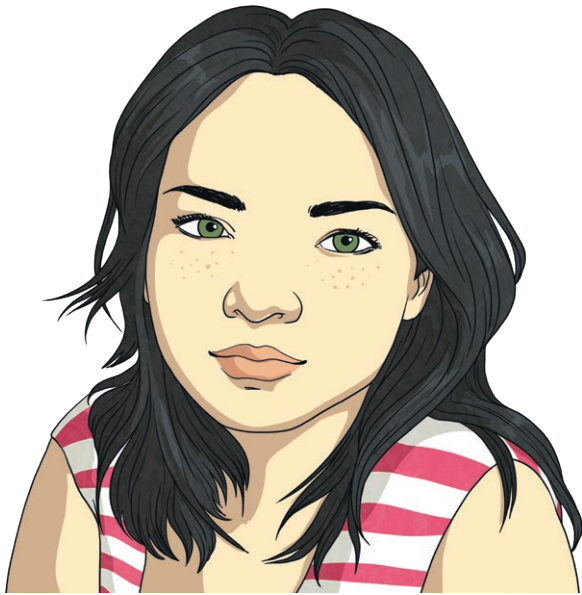
Melissa used to be confident and loved to talk to people. As she has become aware that she is smaller than her friends, she has lost a lot of her confidence.

When the group of friends are stood talking, she feels that people don't see her. She has started to feel invisible because her friends tower over her. Melissa feels that they have started to treat her differently, like she is much younger.

Melissa has started to go and find other people to talk to but her friends don't understand why.

- Do you think Melissa should feel sad about her height?
- Do you think some of her friends may have noticed how she is feeling?
- What could Melissa do to help increase her self-confidence?
- Do you think Melissa should move friendship groups? If yes, then why?





Scenario Card 4:

Aideen loves to swim. She is part of the local swimming club and swims three times a week.

Aideen hopes to take part in the local swimming galas in the summer holidays.

However, what her friends don't know about her is that Aideen does not like the freckles on her skin.

Aideen doesn't like the freckles on her face or her body and does not feel confident around the other girls in her class. She wears long-sleeved shirts and trousers to try and hide them.

The other girls (including her friends) don't have freckles.

A girl at swim club once said something to her about them and the others laughed. Aideen went home and cried about it but she still hasn't told an adult how she is feeling.

- What can Aideen do to help herself feel better?
- Do you think Aideen should speak to someone about what the girl said at the swim club?
- Should Aideen try to hide her freckles from other people?
- What qualities does Aideen have that she could focus on more?



Scenario Card 5:

Ned is 8 years old. He loves playing computer games and is a brilliant mathematician.

Ned is at his happiest when he is at home, playing online with his friends.

Ned's friends have said things to him before and made fun of him because they think he has a big nose. They have called him names in the past and he has started to look at himself differently.

He wasn't bothered by his nose before they started calling him names but now all he can focus on when he looks at himself in the mirror or at photographs of himself is his nose.

He gets really upset when people say things and has told his older brother what is happening. His older brother has told him to ignore these people but he still doesn't feel happy about the way he looks.



- Why do you think people say hurtful things to other people?
- What could Ned do when people say things to him that he doesn't like?
- What strengths does Ned have that he could think about when he feels uncomfortable and sad?
- What positive thoughts could Ned say to himself when he looks in the mirror or at photographs of himself?

