

Body Image and well-being

16/07/2026

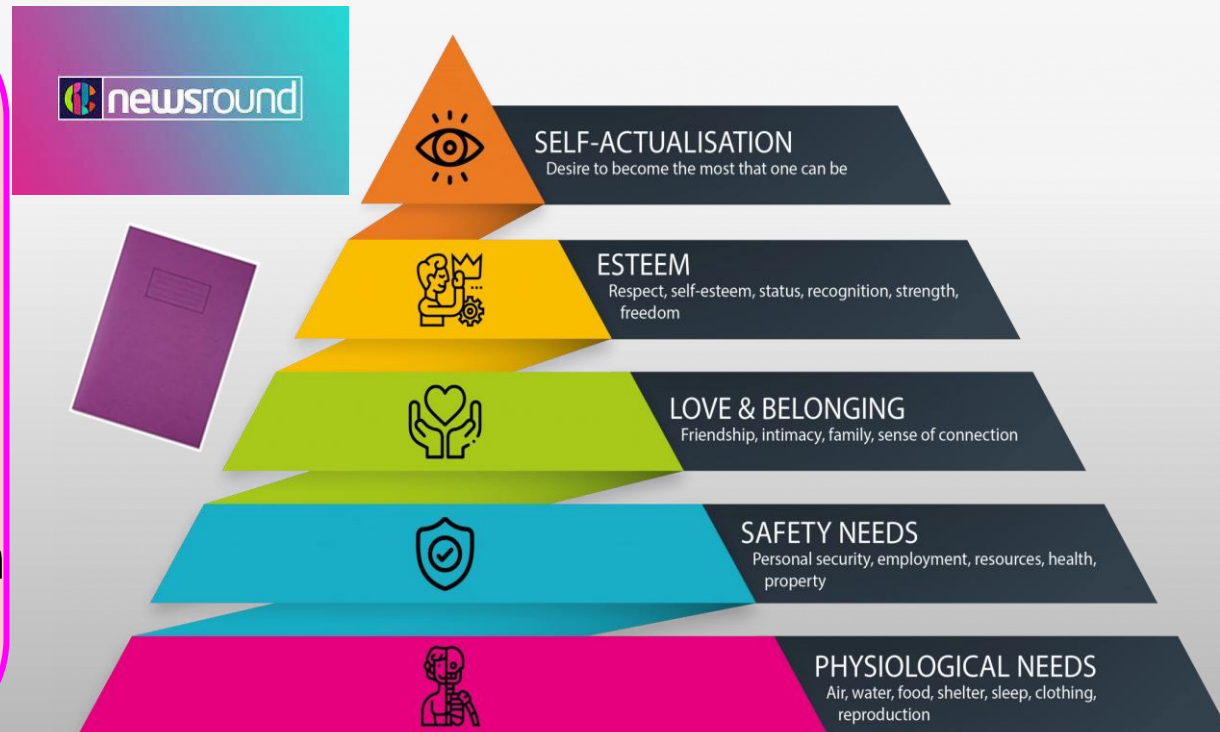
Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



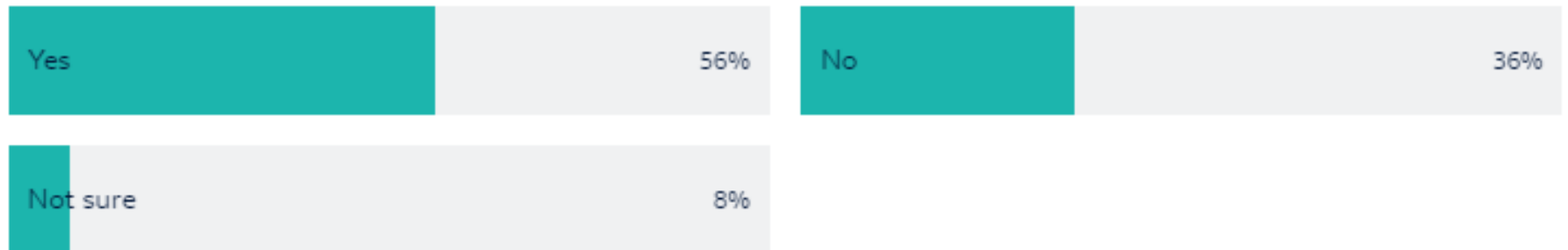
A Newsround poll asked teenagers, **'Do you feel pressure from social media to look a certain way?'**

Answer this question yourself in your book.



Do you feel pressure from social media to look a certain way?

This vote is now closed. Here are the final results.



Instructions:

How far do you agree or disagree with these results?

Body Image and Wellbeing

16/07/2026

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Body image; healthy body image; the influence of social media; pressures to post perfect images; body awareness; self-esteem; body confidence



How might young people's well-being be further improved if social media did not include images?



How far is it true that young people's self-esteem is affected by pressure to look a certain way?

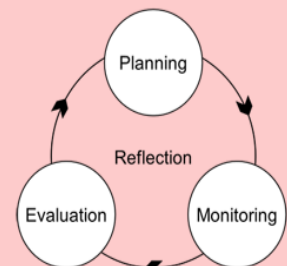


Why is there a rise in unhealthy coping strategies among young people? How has technology affected self-esteem and wellbeing?

Instructions:

1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



“With social media, it can be really hard to avoid falling into the trap of comparing ourselves to others, especially when it comes to how we look.”



Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.

What do we mean by body image?

Body image is mental and emotional: it's both the mental picture that you have of your body and the way you feel about your body when you look in a mirror.



Instructions:

- 1. In your book** define the term **body image**
- When finished, what do you think is a **healthy** body image?

1. How might social media damage self-esteem?
2. **Write a law** to protect young people from social media harm.



Instructions: Answer the two questions above as you watch this video clip

What is a healthy body image?

Healthy body image is:

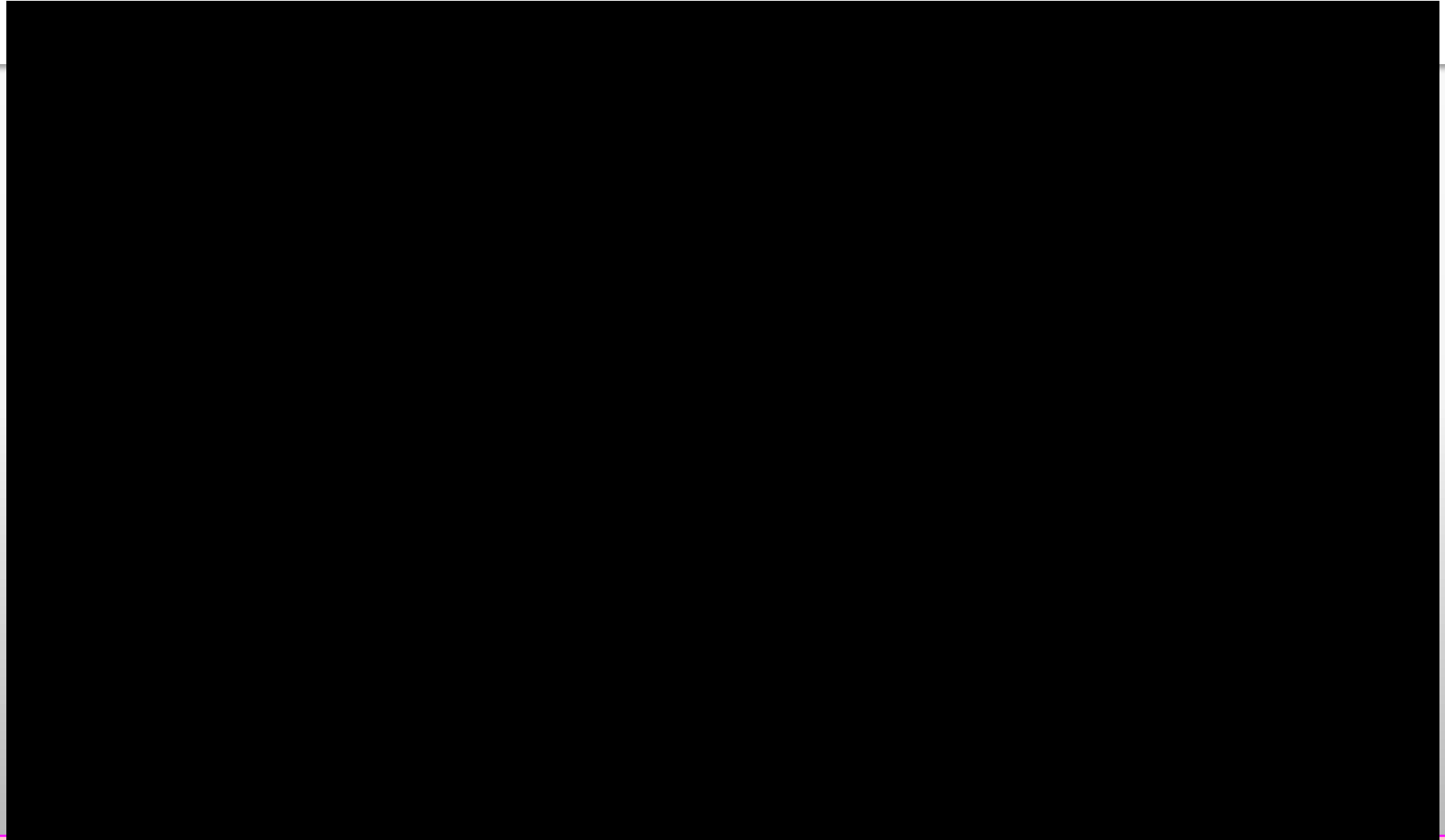
- more than ‘not disliking’ yourself.
- accepting the way you look.
- not trying to change your body to fit the way you think you should look.
- recognizing the individual qualities and strengths that make you feel good about yourself.
- resisting the pressure to strive for the myth of the “perfect” body that you see in the media, online, in your communities.

Instructions:

Make brief bullet pointed notes from this slide.



1. What tips would you give to someone who has an unhealthy body image and compares themselves too much to images of people in the media?



Instructions: Write full-sentence notes in response to the questions above.

5 Tips to boost your self esteem

Instructions:

Work with a partner to come up with five practical tips to help boost self esteem! Do this in your book.

Were your ideas like any of these?

Write a list, or draw a poster of all your good points – you might be great at music or art, be a good listener or be kind. Whatever it is, it's part of what makes you unique and special.

Stop comparing yourself to other people. Remember it's a good thing that we are all different, our unique qualities make the world an interesting place.

Give your friend(s) a compliment every day

Be yourself and be kind to yourself.

Try not to judge yourself, or others, on looks. Focus on your inner qualities instead.

Listen carefully to the way you speak to yourself in your own head

Try something new – whether it's a club or a sport or drama – getting out and about and meeting new people can be exciting and make you feel happier.

Finally, if you feel bad about yourself a lot then speak to someone you trust about how you're feeling.

Body Image and Wellbeing

Key Vocabulary: Metacognition, self-regulated learning, growth mindset

Body image; healthy body image; the influence of social media; pressures to post perfect images; body awareness; self-esteem; body confidence



How might young people's well-being be further improved if social media did not include images?



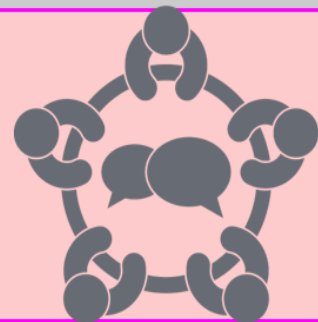
How far is it true that young people's self-esteem is affected by pressure to look a certain way?



Why is there a rise in unhealthy coping strategies among young people? How has technology affected self-esteem and wellbeing?

Instructions:

1. Discuss all of the progress questions on your table.
2. Evaluate your thinking in today's lesson and how well you think you've answered your progress question in your discussion.
3. Prepare to feedback for your table if you're picked.

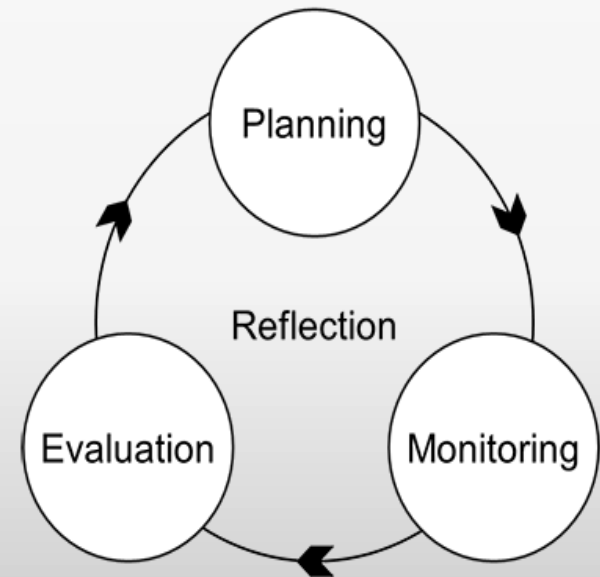


Metacognitive Reflection

Reflect on your learning today.

What do you think the most challenging part of this lesson was and why?

Metacognition phases



Metacognition Instructions:

1. Write a subtitle 'Metacognitive Reflection'
2. Consider the questions above and reflect on your learning today
3. Write your future self an encouraging message for next lesson