

# Healthy Me – Body Image.

- Learning objectives:

I understand how the media and celebrity culture promotes certain body types.

I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.

# What is body image?

"Body Image is how people feel about the way they look and the way their body functions"

# NORMAL!

What is normal?

[https://www.youtube.com/watch?v=rxR\\_D\\_LmL9A](https://www.youtube.com/watch?v=rxR_D_LmL9A) – BUPA advert

"How I feel about myself is more important than how I look. Feeling confident, being comfortable in your own skin - that's what really makes you beautiful."  
-Bobbi Brown

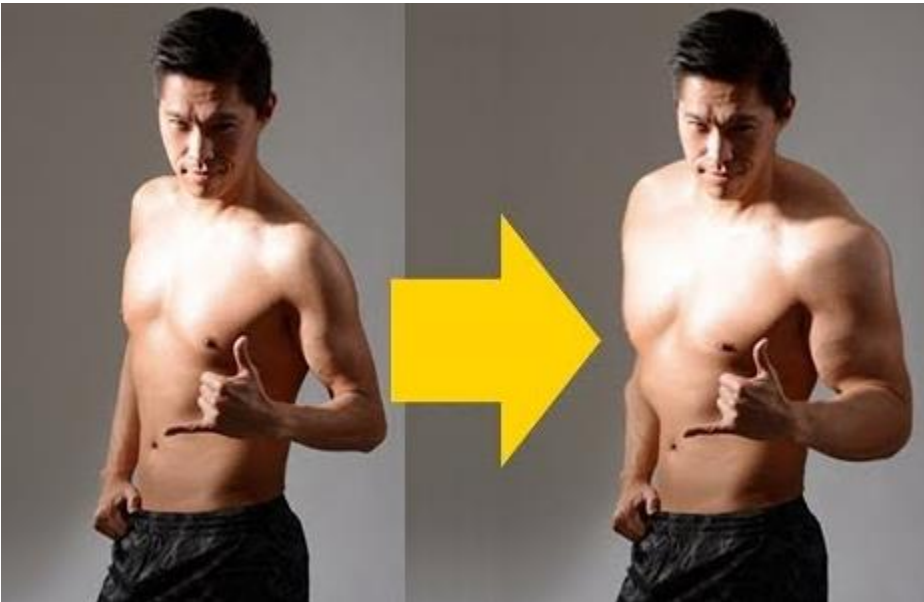


Watch:

[https://www.youtube.com/watch?v=S\\_vVUIYOmJM](https://www.youtube.com/watch?v=S_vVUIYOmJM)

- Fotoshop

What is wrong with adverts like this?



## Healthy Me – Body Image.

Three things I have learnt about body image are:

1.

2.

3.