

# Module 7

## Emotional Health

This module will explore what a realistic, positive body image is and how self-confidence and body image can support each other.



**Digital Resources** are available for this module at [mentorbooks.ie/resources](https://mentorbooks.ie/resources)

**We will explore:**

1 Self-confidence . . . . 73

2 Body image . . . . 76



# 1. Self-confidence



## ACTIVITY

### 1 Remember

In Module 2 we looked at self-confidence. List three things you remember about self-confidence.

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_

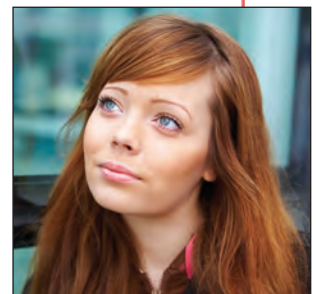
Other people's comments and behaviour can influence the way we feel about ourselves. These comments can be called **external affirmations** – i.e. they come from outside, from other people. Depending on whether the external affirmation is positive or negative, our feelings about ourselves, our abilities and our appearance can be good or bad. These feelings are channelled into positive or negative emotions, e.g. pride or irritation.

## ACTIVITY

### 2 External affirmations

(a) In the table below, tick one negative and one positive personal comment.

	Positive	Negative
(i) That is a very good idea.		
(ii) Well, you were never good at maths, were you?		
(iii) Your brother would never have done that!		
(iv) You seem to have grasped that idea well.		
(v) Do not make a show of yourself by asking stupid questions.		
(vi) Typical girl.		
(vii) You stupid boy!		



(b) Describe how one of the positive comments would make you feel.

\_\_\_\_\_

(c) Describe the effect that one of the negative comments could have on an individual's self-confidence.

\_\_\_\_\_  
\_\_\_\_\_

WB1

## High and low self-confidence

- Self-confidence is a positive and personal sense of your capabilities.
- Having **high** self-confidence means that you have a positive opinion of yourself and that you feel good about your personality and your physical self.
- Having **low** self-confidence means that you have a negative opinion of yourself and that you may feel little self-worth. You may even have negative feelings about your physical self.



### ACTIVITY

#### 3 High or low?

Rate each item listed in the table below from 1 to 6, with 1 being the lowest and 6 being the highest, as to whether you feel you have high self-confidence or low self-confidence in it. Answer as honestly as possible.

⇐ **Low self-confidence**

**High self-confidence** ⇒

	1	2	3	4	5	6
<b>A</b> My intelligence						
<b>B</b> My opinions and beliefs						
<b>C</b> My self-worth						
<b>D</b> My abilities						
<b>E</b> My communication skills						
<b>F</b> My body language						
<b>G</b> My social skills						
<b>H</b> My ambition						
<b>I</b> My place in the world						
<b>J</b> My physical appearance						

It would be most unusual if you scored highly in all areas; nobody is perfect. However, look at the areas where you did score highly – is there a pattern?

If you scored highly with the more personal values (numbers A–D), then you possess inner confidence. A high score in the more social values (numbers E, G and I) means you possess outer confidence. It might be a good idea to think of a slogan or mantra that will boost your confidence in areas where you scored low for self-confidence or to practise skills in this area, starting with something small. For example, to improve social skills you could try talking to a group of people you don't know well.

A balance of personal and social values will certainly build your self-esteem and help you to take on the challenges of life.

# **ACTIVITY**

## **4 Looking at the positives (in you)**

Fill in the blank spaces below:

(a) Name

\_\_\_\_\_

(b) Three best personal qualities (e.g. good listener, loyal)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(c) Three of your talents (e.g. dancing, fixing things etc.)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(d) Three of your best physical features (e.g. height, teeth, dimples etc.)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(e) Three of your successes so far (e.g. ignoring a bully, learning a very difficult poem, competitions etc.)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(f) Three examples of your ability to rise to a challenge (e.g. joining your school's debating team, taking part in a charity run etc.)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(g) Your future ambitions

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

Keep this page safe – you don't need to share it with anyone. Remember to look at it when you need to reassure yourself that you are a great person.





## 2. Body image

The term body image is used to describe the way we see our own body. We recognise this image of ourselves from a very young age. Young children look in the mirror and love to see themselves. However, as children grow into pre-teens and teenagers, their image of themselves can often become distorted or less positive than before.

WB1

TRB



### ACTIVITY

#### 1 Influences

Can you name three things that might influence a pre-teen or teenager to change the way they see themselves or their body image?

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_

Our body image and our self-worth can often be interlinked and can change throughout our lives. If a person receives positive or negative feedback about their appearance this can influence the way they feel about themselves.

WB2

## ACTIVITY

### 2 Case study

Jane is 14 and was really excited about going to summer camp with her friends for the first time. She had recently lost three stone in weight and was feeling really positive about herself – she loved the new Jane. On the first night of the camp a boy from another school made a reference to Jane's size and said that she should eat more and exercise less. Jane felt really upset and didn't want to join in the activities over the next few days. Instead she spent her time alone. Jane's friends didn't know what had happened to the new Jane ...



(a) Why is Jane feeling the way she is?

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(b) What can Jane's friends do?

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(c) What advice would you give Jane?

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## Group ACTIVITY

### 3 The media

(a) As a class, use magazines and newspapers to create two collages to display in your classroom on the following topics:

- (i) Images of women in the media.
- (ii) Images of men in the media.

(b) While working on each collage, find words to describe how each gender is depicted in the media today. Attach these words to each collage.

WB2



(c) What stereotypical male and female imagery have come to your attention?

	Male	Female
Face		
Body		
Mood/emotion		
Environment/scene		



## Positive body image

It is important to know that people can dislike parts of their body, e.g. nose, feet etc., but still have an overall positive body image. A positive or negative body image is linked to the way a person behaves or acts.



**Negative body image** becomes a problem when:

- The way you look influences your social situations, your work and your relationships.
- You believe you can only feel confident or be happy by changing the way you look.
- You believe that the way you look is preventing you from taking part in certain activities.
- You are always worrying about your appearance.
- You repeatedly check your appearance in a full-length mirror.
- You consistently use very heavy make-up even when playing sport.
- You refuse to leave the house without product in your hair.
- You won't go out without make-up on.

WB1

Teenagers with a **healthy body image**:

- Recognise that bodies come in all shapes and sizes.
- Can name the good things about their own body.
- Are comfortable with their own bodies.
- Know there's no such thing as the perfect body.

## ACTIVITY

### 4 This is me

Make a collage using selected pictures, words, drawings and other things you like that, when put together, say 'This is me'.

- Focus on the qualities you possess.
- Include the events or achievements of which you are most proud.
- Attach pictures of activities, hobbies and dressing styles that you like.

## Paired ACTIVITY



### 5 Influences on body image

Our body image and how we see ourselves can be influenced by the following:

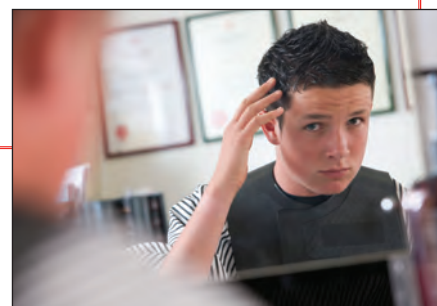
Family

Friends

Society

Media

With your partner, discuss one way in which each group of people can influence your body image from an early age.



*'I am the only me I've got and I am unique. There are two major parts of me. There is the inside me and the outside me.'*

*'Everybody is somebody', The Body Image Project Tool Kit*

## ACTIVITY

### 6 Body expression

Do you agree or disagree with the following statements. Explain the reason for your answer.



Statement	Agree/Disagree	Why?
(a) The clothes we wear can affect how we feel about ourselves.		
(b) How we feel can influence the clothes we decide to wear.		
(c) How other people react to what we wear can influence how we feel.		



# **ACTIVITY**

## **7 What I wear and why**

- (a) Pick the five pieces of clothing which you wear the most often. Describe how these make you feel and why.

Clothing	Feeling	Why?
(i)		
(ii)		
(iii)		
(iv)		
(v)		

- (b) What would cause you to stop wearing them?

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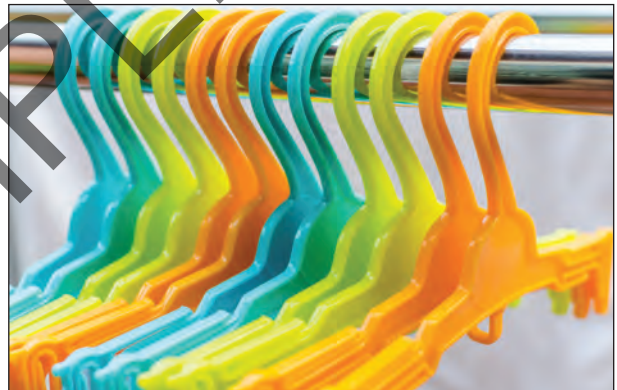
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## **We are all unique**

All of us are unique in our own way. There are things that we love about ourselves and things we might like to change. It's important to remember that we have no control over many things, and we have to learn to accept them in ourselves and in other people. Some things we can change with a bit of effort and some things will change over time, as we live our lives and gain experience.

# **ACTIVITY**


**CSPE**

## **8 Differences**

Think about the differences between people. In the bubbles below, write a difference that we can't change, a difference we can change with effort and a difference that can change with time.

### **Can't change**

*height*

### **Can change with effort**

*increase  
fitness*

### **Can change with time**

*presence/absence  
of wisdom teeth*

## **9 Advertising and body image**

(a) Does the ad below include people of different sizes?

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(b) Do you think most people who use this product regularly look like the models?

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(c) Do you think the people in this ad are happy?

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**WB2**

## Group Activity

10

### Discussion points

- (a) In small groups, discuss the following statements to explore how different people feel about what a positive body image is.
- Name a fad diet (i.e. promises quick weight loss through unhealthy and unbalanced diet).
  - Who is your role model and why?
  - Identify a way your family affects your body image.
  - Who can make us feel good about our body image?
  - What makes a healthy body?
  - Can healthy bodies come in all shapes and sizes?
  - Do body ideals change over time?
  - Do you think most real people look like fashion models?
  - Name one thing about your body that you feel good about.
  - Who can make us feel bad about our bodies?
- (b) Following the discussion, each group should pick one statement and make a two-minute presentation about it to the class.



## End of Module Review

- (a) Thinking back on what was explored in this module, fill in the table below.

What did you learn about body image?	What did you learn about self-confidence?

- (b) A personal goal to work on over the next month would be:

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