



Module 1 – Teacher’s Guide

Ideal Image vs Uniqueness

Introduction

The SPEED programme module includes two activities of approximately one hour total to be carried out with the class. Materials and instructions for conducting the lessons are provided.

Module Objectives:

- Understand what the ideal image means and identify its characteristics.
- Understand the pressure that comes from trying to resemble the ideal image.
- Understand how to question the concept of the ideal image.

Duration:

1 hour

Materials:

Presentation slides and student worksheets

Teacher’s Worksheet

Activity 1 – Ideal Image vs Uniqueness (20 minutes)

The teacher explains what the ideal image means:

Everyone has in their mind an idea of what it means to be beautiful and what physical characteristics correspond to that idea of beauty. A person’s physical appearance is made up of different elements, and the ideal image is composed of all these elements combined together.

The first part of the worksheet is designed to reflect on what the ideal physical characteristics are that correspond to a beauty ideal. Students complete it based on their own ideas, in order to understand what each person’s ideal image is.

Very often we focus on how we should be, on what we don’t like about ourselves and on how we could change it. However, it would be important to reflect on what we like about ourselves – both physically and in terms of character. It would also be important to understand what our values are and how we would like to spend our time, including in ways that help us express those values.

The second part of the worksheet is designed to reflect on each person’s uniqueness and on how fundamental that uniqueness is for having a good self-image and a positive opinion of oneself.





SPEED



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Student Worksheet: What is the ideal image?

Activity 2 – The Importance of the Ideal Image (15 minutes)

The teacher emphasises how the ideal image acts as a benchmark and a goal towards which we direct ourselves, often spending a great deal of time and energy:

We often compare ourselves with our ideal image, trying to resemble it as closely as possible by changing our appearance. This can cause us to spend time, energy and money. It is important to reflect on how much this pursuit of the ideal influences our lives and our sense of self – because comparing ourselves to an ideal often makes us feel inadequate, not attractive enough, or as though we are not appealing to others.

It is also important to understand what drives us to try to resemble a beauty ideal: how much other people's opinions matter to us, and how much the models proposed on social media – chosen by others – shape our own sense of beauty.

The third part of the worksheet is designed to reflect on these aspects and to understand how much the pursuit of a beauty ideal can influence our lives from different perspectives.

Student Worksheet: What do I do to look like the ideal?

Activity 3 – Questioning the Ideal Image (15 minutes)

The teacher emphasises that physical appearance is just one part of a person, and that there are many other important characteristics for which we appreciate others and others appreciate us:

When we get to know someone and start forming an opinion about them, we take many aspects into account: their personality, the way they treat us, their sense of humour, and much more. Physical appearance is one of the aspects we consider, but it is important to reflect on how much weight it actually carries for us.

If we evaluate other people taking into account many different aspects, why should others focus only on physical appearance when judging us?

The final part of the worksheet is designed to reflect on the characteristics for which we appreciate other people, and on how much space physical appearance takes up in that assessment.

Student Worksheet: How to question the concept of the ideal image?



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