



Module 3 – Teacher’s Guide

Comparing Ourselves

Introduction

The SPEED programme module includes three 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 the consequences of making comparisons.
- Understand the importance placed on physical appearance.
- Understand how comparisons can affect self-perception.

Duration:

1 hour

Materials:

Presentation slides and student worksheets

Teacher’s Worksheet

Activity 1 – Who Do We Compare Ourselves With? (20 minutes)

The teacher explains how we usually choose the people we compare ourselves with and the aspects of ourselves that we put to comparison:

Looking at other people is normal, but we often don’t just notice how they are — we compare ourselves with them.

When we compare ourselves with someone, we usually choose people we admire and who have positive characteristics. This also applies to physical appearance. We compare ourselves with actors, actresses, influencers, and models — people who use their physical appearance professionally — or with ordinary people whom we consider better than us in some way.

We almost always come out of a comparison feeling like we have ‘lost’, because we compare the aspects of ourselves that we like least with those of people who seem better or even perfect. It is rare for us to compare ourselves on aspects we actually like about ourselves. For this reason, comparisons are almost never equal, and almost never lead us to view ourselves positively.

Student Worksheet: Who Do We Compare Ourselves With?



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SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Activity 2 – Does Only Image Matter? (20 minutes)

The teacher introduces a reflection on how much importance we give to physical appearance and how this aligns with our personal values:

We often spend a great deal of time worrying about our physical appearance and changing our behaviour in order to achieve physical changes. Feeling good about how we look is important, but in our present and future there are other important aspects to consider and give weight to — such as physical and mental wellbeing, intelligence, and positive relationships with others.

If we think about how much energy we spend thinking about our appearance, trying to change it to resemble predefined ideals, or feeling dissatisfied because some parts of our body are not exactly how we would like, we will understand how these energies may not be proportionate to our actual values and plans for the future.

Student Worksheet: Does Only Image Matter?

Activity 3 – Am I How I Look? (20 minutes)

The teacher introduces a reflection on the emotional and behavioural consequences of making comparisons, and on how our positive qualities tend to disappear:

We have already considered who the people we compare ourselves with usually are, and the fact that comparisons almost always leave us feeling like we have lost. But it is also important to think about what we can do after making a comparison. Sometimes the desire that comes from comparing ourselves with someone we admire is to become more like that person — to change how we appear. But as we have already seen, our positive qualities disappear in comparison and only the negative ones remain, leading to dissatisfaction.

It is important, however, to reflect on our positive qualities and strengths to understand that who we are is not only how we look. Our identity and uniqueness are tied also — and above all — to who we are, our strengths, the way we behave, and our values, not just to our physical appearance.

Student Worksheet: Am I How I Look?



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