

SAVVY CYBER KIDS

BODY IMAGE & SELF-ESTEEM

LESSON PLAN



ACTIVITY 1

Have your students watch the short video titled "Body Image and Self-Esteem" and have them follow along with the worksheet titled *Body Image and Self Esteem Video Guide* (The worksheet is a fill in the blank so that students can pay attention to the video and also keep these notes with them for later activities).

[youtube.com/shorts/5inJX-2_IkY](https://www.youtube.com/shorts/5inJX-2_IkY)

ACTIVITY 2

Divide students into groups and have each group create an awareness poster project (use Google Slides, Microsoft PowerPoint, etc.). Students will be able to practice their technology skills by looking up the definitions of body image, self-esteem, and media and putting them into their own words that will resonate with other students.

Once completed, have students present their work to the rest of the class. Go to the worksheet *Small Group Body Image and Self-Esteem Awareness Poster* to see more about this activity.

ACTIVITY 3

Before students leave, have them fill out an *Exit Ticket* to see if they fully understood the importance of this lesson. A sample *Exit Ticket* is provided that can be printed.



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BODY IMAGE AND SELF-ESTEEM VIDEO GUIDE

Directions: Fill in the blanks below as you watch the video. You will refer back to this worksheet for later activities or discussions.

[youtube.com/shorts/5inJX-2_lkY](https://www.youtube.com/shorts/5inJX-2_lkY)

How many of you guys have ever _____ yourselves to somebody else on _____?

How many of you guys have ever had the need to _____ or _____ one of your _____ before you post on a _____?

How many of you guys felt like your _____ has _____ with the use of social media?

A REMINDER: You are not alone and _____.

How can social media be toxic and deceiving?

1. Only shows people's _____.
2. Constant _____ to _____ with _____.
3. _____ and _____ exist! So _____.

What are some positive actions you can take? (Hit pause at this point so you can write everything down in the box below that is listed in the video.)

Social media is not always _____! It's not fair to compare _____ to people, when you _____ behind the _____!

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SMALL GROUP BODY IMAGE & SELF-ESTEEM AWARENESS POSTER

Directions: Work in your small group and create a Body Image and Self-Esteem Awareness Poster

Posters should include your own definitions of what body image, self-esteem, and media are, along with one example of how students can create a positive space for themselves and friends. Have them come up with an idea that was not listed in the video along with a drawing or image that they think best fits their message.

Example of poster:

Group 3

Body image: insert your own definition of what body image means to you

Self-esteem: insert your own definition of what self-esteem means to you

Media: insert your own definition of what media means to you

One way to create positivity is.....



EXIT TICKET

FOR BODY IMAGE & SELF-ESTEEM



Name: _____

What are your thoughts about social media's influence on our self-image? Do you think it is positive or negative? Why?

Name one way social media can be toxic and name one positive action you can take: _____

EXIT TICKET

FOR BODY IMAGE & SELF-ESTEEM



Name: _____

What are your thoughts about social media's influence on our self-image? Do you think it is positive or negative? Why?

Name one way social media can be toxic and name one positive action you can take: _____

EXIT TICKET

FOR BODY IMAGE & SELF-ESTEEM



Name: _____

What are your thoughts about social media's influence on our self-image? Do you think it is positive or negative? Why?

Name one way social media can be toxic and name one positive action you can take: _____
