

WHY THINKING YOU'RE UGLY IS BAD FOR YOU

BY MEAGHAN RAMSEY

WARM-UP

1. In pairs, discuss the questions:

- What is self-esteem?
- Do you have a reasonable level of self-esteem?
- What are the causes of low self-esteem?
- Do you compare yourself with others? What can happen when you compare yourself with others?

YOU ARE BEAUTIFUL

YOU ARE STRONG

YOU ARE WORTH IT

VOCABULARY

2. Fill in the gaps by transforming the words in the brackets:

- a) Anna stared at her _____ in the hall mirror. (reflect)
- b) _____, she resigned because she had an argument with her boss. (apparent)
- c) The prisoners' right to _____ is not always respected. (private)
- d) The building work will proceed _____ of whether there is an agreement. (regard)
- e) The president underlined his _____ to pursue the rebels. (determine)

3. Match the words below with their definitions:

peer nasty relentless team with overcome

- a) something that never seems to stop or improve/determined, and never stopping your attempts to achieve something
- b) to succeed in dealing with or controlling a problem
- c) be full of
- d) someone who belongs to the same social or professional group as another person/someone who is of the same age as another person
- e) very unpleasant or upsetting

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VIDEO & DISCUSSION

4. Watch the video and match phrases from the video with their endings:

- | | |
|--------------------|----------------------|
| a) emotionally | 1. back |
| b) objectification | 2. potential |
| c) at the | 3. expense of sth/sb |
| d) undermine | 4. model for sb |
| e) unlock | 5. of women |
| f) be a role | 6. achievements |
| g) hold sb | 7. vulnerable |

5. Using the vocabulary from ex. 4, discuss the questions:

- What facts do you remember from the speech?
- Sites such as Thinspiration, Bikinibridge, #proana, and #thighgap, promote the evaluation of self by appearance. Have you ever found yourself judging your body by a standard you knew you couldn't meet? How did you feel?
- What are the three key things we can do to help young people escape the body image trap?
- Should advertising companies stop airbrushing photos of models?

LET'S BOOST OUR SELF-ESTEEM!
Look at the person next to you and tell
them three positive things about them :)