

# 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:

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

#### 3. Match the words below with their definitions:

peer      nasty      relentless      team with      overcome

- something that never seems to stop or improve/determined, and never stopping your attempts to achieve something **RELENTLESS**
- to succeed in dealing with or controlling a problem **OVERCOME**
- be full of **TEAM WITH**
- someone who belongs to the same social or professional group as another person/someone who is of the same age as another person **PEER**
- very unpleasant or upsetting **NASTY**

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### VIDEO & DISCUSSION

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

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