



Workshop:

Body Matters



- ✓ MWBs and Pens
- ✓ Worksheets



Learning Objectives:

To consider the various influences that impact our perceptions of beauty and success



For this workshop we are going to develop our understanding of key areas relating to the relationships we have with our appearance and bodies:

- 1. What makes people attractive**
- 2. Perceptions of beauty in the media**
- 3. Cosmetic Procedures and Surgeries**



If you find any of these topics challenging and need support during or after the lesson, please do speak to your teacher, form tutor, Mrs Constantine or Mrs Kopsidas (DSL).

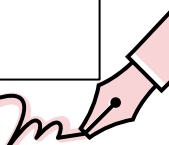


Below you will see 8 statements.



Briefly discuss each statement after it appears, evaluating if you **agree** or **disagree** and **why**, then writing its letter on the agreement scale.

- A. A good personality is more important than being attractive.
- B. When an 'attractive' person is with someone less attractive, I assume they are rich.
- C. Most successful people are attractive.
- D. I miss out on having fun or being silly because I'm worried about how I look.
- E. It would be better and easier if everyone just looked the same.
- F. Women are more affected by unrealistic body image representation than men.
- G. I am influenced by social media when it comes to body image and appearances.
- H. What matters most is that my body is healthy and that I respect it.





Who agrees and who disagrees with this statement? **Why?**



A. A good personality is more important than being attractive.

We are now going to watch a short video that adds to this perspective and explores how a **good personality makes you more attractive.**



PSHE KS3 & KS4/GCSE: What makes people attractive?

[BBC Teach](#) > [Secondary resources](#) > [KS3 PSHE](#) / [GCSE PSHE](#) > [Body Matters](#)





Who agrees and who disagrees with this statement? **Why?**

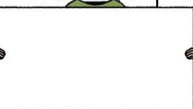
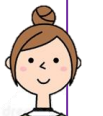


C. Most successful people are attractive.

This is all about perception.

Our **perception** of success could make us think that **celebrities = success**. Most celebrities also prioritise being conventionally 'attractive'; their image is their brand. But this image costs them a **lot** of money and is unrealistic! We don't often see the other, more realistic, faces of success: *the engineers, the scientists, the authors, the charity workers, the entrepreneurs... or those whose success is simply their family and their happiness!*

On your MWBs: what is one way we can challenge this perception?



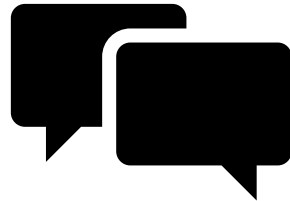


C. Most successful people are attractive.

How can we challenge this perception?

"We can consider the realistic, everyday examples of people **succeeding**."

"We can be **critical** about **conforming** to beauty standards that require us to endlessly change ourselves in **costly, unnatural or even harmful** ways."



"We can **celebrate** and **compliment** forms of beauty that are based in joy, positivity, and friendship."

"We can **be the change we want to see** in the world of unrealistic and unattainable beauty standards!"



Who agrees and who disagrees with this statement? **Why?**



D. I miss out on having fun or being silly because I'm worried about how I look.

On your MWBs: what are the different **positive** or **negative** outcomes that could come from someone –

1) **Joining in** with all life opportunities, forgetting about body image

or

2) **Restricting themselves** from joining in because they are worried about image – especially in photos of the event afterwards



Friday, 12 June 2026



1) **Joining in with all life opportunities, forgetting about image!**

Outcomes – having fun; spending quality time with friends and family; making memories; taking risks and having adventures; learning and exploring; moving your body – fitness benefits; showing others self-confidence and the value of quality of life, not beauty standards!

Outcomes – feeling vulnerable until your real confidence grows; maybe some fairly embarrassing photos...





We have already discussed that our perception of what is attractive is often generated by the media image of very wealthy celebrities.

In this clip from an interview, presenter and actress Jameela Jamil discusses this pressure further.

After watching, discuss and then **summarise her perspective** on your worksheets.

Jameela Jamil talking about the beauty standards for women; watch [from 4:10-end](#) (2 minutes).

100 NEWS

INTERVIEW

Jameela Jamil



Friday, 12 June 2026



Discuss and then
summarise Jameela
Jamil's **perspective** on
your worksheets.





One of the tools used to alter appearance is **cosmetic surgery**, particularly **facial procedures** (*non-surgical, can include injected fillers, acids, and laser treatments*).

Through a rise in this, researchers have noticed the beginning of the '**single face**' effect or the '**instagram face**', where people are starting to lose their individual characteristics and facial features to begin to look like one another - or like a particular celebrity.



On the next slide you will see questions about **statistics** relating to these procedures.

Task: Use your MWBs to guess the answers; hold up boards after each one and check the answer to see how you did!

Guess the Statistic

Friday, 12 June 2026



█ of women aged 18-34 would consider cosmetic procedures

█ of men aged 18-34 would consider cosmetic procedures

█ of women said their stress levels have been severely impacted by appearance concerns

█ of Brits aged 18-24 have considered getting cosmetic surgery on their █

█ of Brits 18-24 say they are influenced by social pressure to improve their appearance

█ say that social media / following influencers encourages them to want facial surgeries

█ of Brits aged 18-24 are concerned about the risks related to facial cosmetic surgery



52% of women aged 18-34 would consider cosmetic procedures

39% of men aged 18-34 would consider cosmetic procedures

16% of women said their stress levels have been severely impacted by appearance concerns

39% of Brits aged 18-24 have considered getting cosmetic surgery on their lips

58% of Brits 18-24 say they are influenced by social pressure to improve their appearance

33% say that social media / following influencers encourages them to want facial surgeries

76% of Brits aged 18-24 are concerned about the risks related to facial cosmetic surgery



Travelling abroad to receive cosmetic surgery has become a popular choice due to the reduced costs and waiting times, and in some cases, the wider variety of procedures available outside of the UK.

However, according to the BAAPS, the number of surgeries carried out in the UK to correct cosmetic procedures received abroad has increased by in the last three years. It is estimated that these corrective surgeries could **cost the NHS around per person.**

Turkey is the worst offender for botched cosmetic surgeries.

of corrective operations in the UK are carried out to fix complications from surgeries undertaken in Turkey and the UK Foreign Office is aware of over Brits who have died in Turkey due to medical procedures received there since January 2019.



For your final task, come up with a helpful response to these friends struggling with appearance anxiety.

Write your response on your MWB and prepare to share.

"I try hard not to compare myself with other people but it's impossible. I think about how I look wrong or ugly every minute of the day. I keep trying to make myself look like the girls online, but I can't do it right." - Stevie

"I don't care much about stuff like jewellery and makeup, but recently some of my friends have been mean about other girls in the year who don't bother, like me. Do they think that way about me? Should I just pretend to care?" - Kim

"I love changing how I look and wearing a lot of makeup. These days, if I have to go out without it I feel like everyone is staring at me and judging. Is it ok to keep wearing so much if I feel confident like that?" - Ria



Body confidence
does not come from
trying to achieve
the "perfect" body,
it comes from
loving the one
you've already got.



Friday, June 12, 2026

