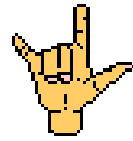




## Surviving High School

### Lesson #2: Gender Roles & Body Image



#### Introduction:

- ☐ Review what was learned in the previous lesson
- ☐ Ask students to share the feelings and insights they gained from reaching out to people from different “cliques.”
- ☐ Discuss how students saw their actions make a positive difference or change the way they related to others.
- ☐ Introduce the next clip – We will be looking at gender roles & body image.

#### Discussion Questions:

- ☐ What is the most important lesson you learned from this clip?
- ☐ How big of an issue is body image at your school?
- ☐ How do the images of the ideal man and woman affect the students at your school?
- ☐ What has been your favorite and least favorite part of growing up as a member of your gender? Why?

#### Notice:

- ☐ What does it stereotypically mean to be a “man”?
- ☐ What does it stereotypically mean to be a “woman”?
- ☐ Do you think most people at your school feel good about their bodies?
- ☐ What do people do to try to make themselves feel good about their bodies?

#### Choose:

- ☐ What do you believe is the best way to take care of your body? What’s one healthy thing you’ll choose to do for your body today?
- ☐ What is one way you can accept your body more?
- ☐ What kind of man/woman do you choose to be and why?

#### Act:

- ☐ Make a list of at least 10 things you love about your body.
- ☐ Find a partner and share 3 things you love about your body as your partner cheers you on with enthusiastic applause – Check in with your partner about how it felt to celebrate your body and why.
- ☐ Complete the following sentence with a partner: As a man I... /As a woman I...

#### Home Play:

- ☐ For the next 24 hours, notice and log every time you hear someone around you put themselves or their bodies down. Notice how it makes you feel. Be prepared to share about your experience.
- ☐ Write down the three biggest challenges about growing up a member of your gender and the three things you love best and why – Come to class ready to share.