



Learning Intention Hey, why this lesson?

To realise what perception is and to be aware of its implications in our lives



[WARNING FOR STUDENTS: Please be aware that this can be a confronting topic and if you feel uneasy at any time, ask for help either from your teacher, an adult you trust or a school counsellor.] [NOTE FOR TEACHERS: Be aware that in recent Mission Australia teenage surveys body image has rated very highly as an issue for teenagers.]

We were made in the image of God. There is a need to work through our own perceptions – maybe they are incorrect! To ensure that improving the understanding of ‘Body Image’ is a natural and important part of growing up and learning about YOU.

Hint: Apart from body image what are some other areas of perception that teenagers can be misjudged – this will help you ‘hook’ the students into this topic. E.g. dress, hair, music, etc.

Scripture

But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.”

– John 14:27

ACARA Connection

RE Key Understanding

Connect to your own State/ Territory’s key understandings of Religious Education e.g. Christian Living, Religion and Society

Virtues

- **acceptance** – consenting to receive or undertake something
- **confidence** – having faith, trust and belief (maybe in yourself)
- **contentment** – being satisfied and fulfilled

Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

Curriculum content descriptions

Practise and apply strategies to seek help for themselves or others (ACPPS072).

<https://www.australiancurriculum.edu.au/Search/?q=ACPPS072>

Again explain that for some people this subject is confronting.

Before the warm up activity ask the students to highlight the definition by either underlining or colouring it.

It may help to read the definitions out of the three virtues and briefly discuss these. But be aware that for teenagers these three virtues of acceptance, confidence and contentment are extremely difficult to comprehend and act upon.



Warm Up Activity

1. Discuss the following: The Butterfly Foundation explains that Body image is the perception that a person has of their physical self and the thoughts and feelings that result from that perception. These feelings can be positive, negative or both and are influenced by individual and environmental factors.
2. 'Perception' comes from the word 'perceive'. Un-jumble the following letters to find a word that is linked to the word perception.
V-E-A-T-O-S-O-R-B -I -N
Answer – Observation.
3. On page 105, it discusses where many people get their influences from – ask the students to write what or where they are influenced by concerning body image.



Main Activity

Myths

1. Ask students about their myths concerning body image e.g. only females have eating disorders.
2. Using the following website <https://thebutterflyfoundation.org.au>
 - a) Choose three statistics (click on *Understanding Eating Disorders*) that grab your attention.
 - b) Ask the students to write out the myth that surprised them the most. Use page 106 to record some of these myths.
3. As a class, record some of the best ways to improve your body image and then write them on page 106.

Spiritual Connection

Connection Activity

Discuss with the students where they feel Jesus would stand on body image – complete page 107.

Reflection Questions

Reflection Activity

REMEMBER – even though you or others perceive something, it doesn't make it or you correct! Explore other perceptions students may have about the world.



Success Criteria

The students were able to ...

- explain different 'perceptions/ perspectives' of something that they are interested in but maybe their parents have different perceptions of
- understand, explain and maybe write why 'body image' is such a misperception in our society
- explain or even act out why 'to never judge a book by its cover' is an important tool for growing up
- look up the <https://thebutterflyfoundation.org.au> website and find one thing they agree with or think is extremely important.

Take Away



Ask the students to deeply reflect on what they have learned and write it in the take away box.

Extensions

Extension Ideas

1.

- a) Click on <http://www.nedc.com.au/body-image> and scroll down to the dinosaur diagram.
- b) Click on the dinosaur diagram to enlarge and then abbreviate and write the seven tips around the dinosaur below.
- c) Which of the seven tips do you think teenagers need to watch out for or work on the most?

Explain it by writing it in your journal on page 108.

Relatable Quote

The question is not what you look at, but what you see.

– Henry Thoreau

What do the students make of this quote from Henry Thoreau?

