

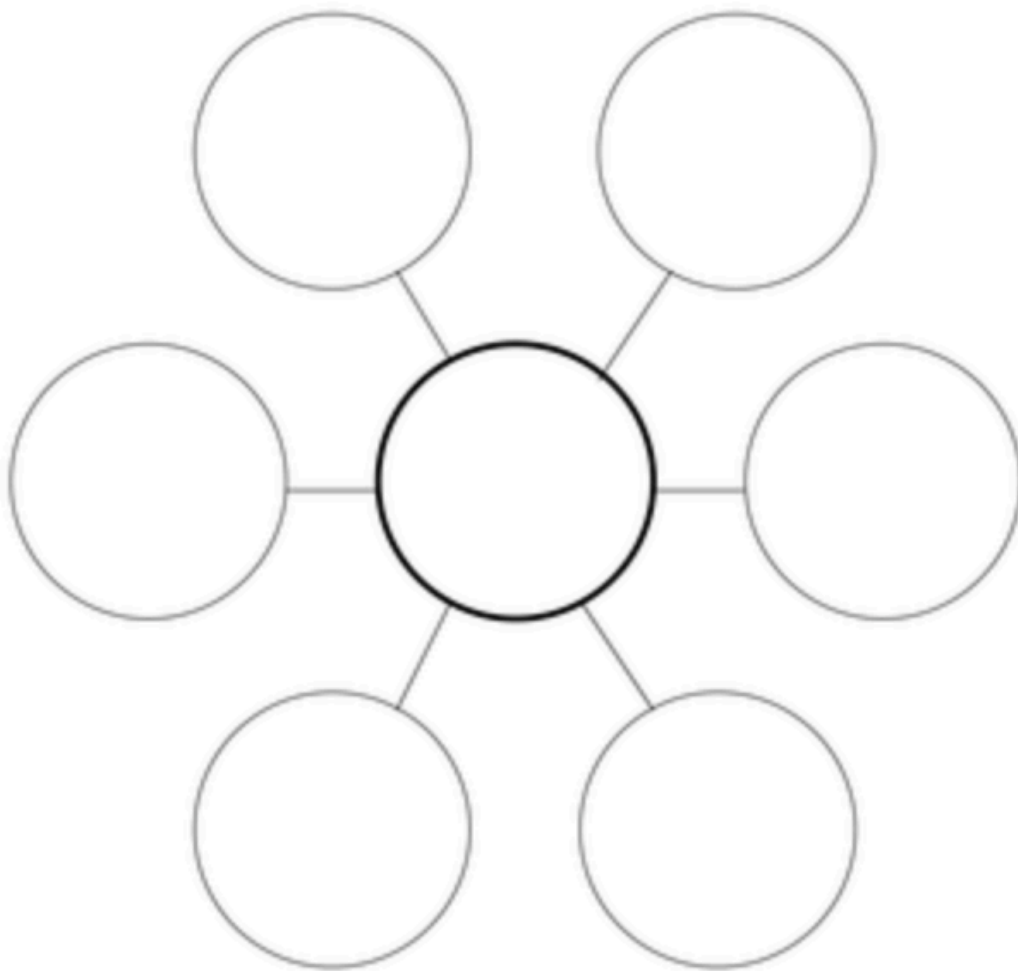
Name:

Date:

Per:

Decision-Making, Choices, and Body Image

The Art of You



Essential Question	Learning Intentions
<ul style="list-style-type: none"> • How can I have a positive self-image? • How can I be inclusive of others and their differences? 	<ul style="list-style-type: none"> • I can honor the things that make me who I am and what makes others who they are. • I can understand what influences me as I grow up and the impacts on my sexual health. • I can identify ways to have a positive self-image while making healthy decisions.

Know Your Terms

Disability A condition that interferes with a person's _____ to do certain things

Gender Refers to a person's _____ sex, _____ (XX chromosomes), and _____ (XY chromosomes)

Gender Identity A person's _____ sense of being male, female, a combination of male and female, or neither male nor female

Gender Expression The way people _____ their _____ through mannerisms, behaviors, or expressions

Nationality _____ in a particular nation

Race or Ethnicity A group of people with a _____ racial, national, tribal, religious, linguistic, or cultural origin or _____

Religion A person's set or system of _____ faith, attitudes, _____, and practices

Sexual _____ Refers to a person's sexual identity

Ways to Show You Can Be Inclusive

With your group, brainstorm ways you can show that you are a leader and can make others feel included at school. Include ideas about how to communicate to a trusted adult if you become aware of a classmate being bullied or harassed.

Understanding Influences on our Self-Image

Work with a partner to think of examples for these different types of influences on self-image.

Media The images we see in ads, movies, TV, and online send a message about how our bodies should look and how we should feel. These messages are not always positive or inclusive of all identities. Examples:	Culture Our beliefs, traditions, and customs in our culture have a very big impact on our personal identity. Examples:	Family Like our culture, our family has a big impact on our self-image. Every family has their own unique set of beliefs, traditions, and customs that can influence our self-image as we grow up. Examples:
You and Your Peers Peers can positively or negatively influence the self-images of the people around them. When you think of how your peers impact your self-image (with their actions or comments), also remember that the things you do or say can impact how others perceive themselves. Examples:	Social Media Like other types of media, social media can send messages to us about our self-image that can be positive or negative. Sometimes people on social media say hurtful things that they would never say in person. Examples:	Role Models Other adults, such as teachers and coaches, can play a role in the development of our self-image. It is important to have adults we can look up to who are positive and supportive role models. Examples:

Best Practices for Having a Positive Self Image

Place a checkmark (✓) next to each one you feel you are good at, and a (+) next to each one you'd like to get better at.

- ☐ Identifying positive adult role models you can learn from.
- ☐ Taking time to celebrate and reflect on your successes (both in and out of school).
- ☐ Looking at challenges as opportunities to learn important life lessons that will help you grow up to be a successful adult.
- ☐ Speaking kindly and encouragingly to yourself (the way you would to a friend).
- ☐ Understanding that images you see in photos and videos are often manipulated to create a certain impression that may not reflect how a person appears in real life.

- ☐ Being aware that people in the media are often trying to sell a product to you and may try to use our feelings about our self-image to encourage you to spend money on their products.
- ☐ Remembering that your body, your heart, and your mind are unique and amazing. There is no one else like you on the entire planet.
- ☐ Taking care of your overall health by eating nutritious foods, exercising and getting plenty of sleep.
- ☐ Identifying the trusted adults you can talk to when you are struggling.

Exit Slip

Write a positive, encouraging note to yourself that you can look at each day
Be sure to place it somewhere you will see it and be inspired (such as your mirror, locker, or on your folder)

At-Home Connection

With a parent/guardian or other trusted adult:

Option 1: Ask them to share ways to have a positive self-image.

Option 2: Ask them about messages they received growing up that affected their self-image and how they think about them now as an adult.

Option 3: Review images in the media/social media to discuss the messages they're sending to young people about their bodies or identity.

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org