Mind Yer Time

Our Bodies
session plan

Presented by:
The Screensavers Investigation Team

MindYerTime.scot

Background

Hi, we are the Screensavers! A group of eleven young people aged between 12-25. We have been working and new creating content on body image for the past few months, for the MindYerTime website. This is content created by young people for young people!

This session plan is for adults, to help you navigate your way through our new content on the website and help you to facilitate conversations around body image. It includes information, resources and activities designed and tested by young people. This session plan is designed to be very flexible and should be taken at a pace your group feels is right.
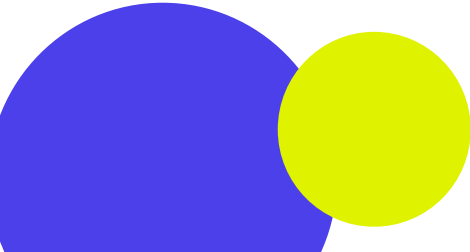
These pages include activities, information, useful links and tips.

Each section of this session plan links the new body image content we designed on the MindYerTime website - the group can access the information directly on the website, so no need for printing. This is the link to the website home page: https://mindyertime.scot/.

The session plan mirrors the content on the website so you can see what the young people see, but we've added in useful tips for adults facilitating.

These sessions can be carried out in any order you wish, but you could use dice, a random number generator, or a spinning wheel to randomise the order of delivery.

There are no set timelines for completing the content as each group should decide their own pace and progress. However, for ease of delivery we suggest that the resources for each activity are prepared in advance.

Contents
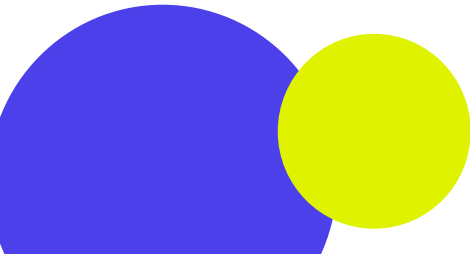
Please note:

This content will contribute to conversations on body image in which sensitive and triggering topics may be discussed. Please be mindful and respectful of people around you and the topics you are discussing. Everyone has an individual experience with this topic and for your own and your group's well-being you must be mindful of this.

These sessions are designed to be a safe and open space for all, in which we hope to create a brave space among your group were young people can be themselves. But it is important to share this disclaimer with the group so all can stay mindful of the topics they discuss and how this may affect others.

Our Bodies

MindYerTime link: https://mindyertime.scot/our-bodies/

Everyone has their own unique relationship with their body, and not everyone will feel the same or use the same words to describe how they feel. When we spend time online, we might see images or videos that make us feel pressure to look or act a certain way, or to be 'perfect'. This sometimes affects our mental health or the way we see and feel about ourselves.

The resources in this section of the Mind Yer Time website have been designed to help you think about what body image means to you. The Screensavers who helped to design this section of the website want you to know that it's okay if you feel you need support with your body image. There are many different people and organisations you can reach out to, and there is information about these at the bottom of this page.

Screensavers top tip: Be ready for any discussion that may come from this topic. Create a safe space and in turn you'll have a brave space.

If you or someone you are concerned about is in immediate danger, please phone 999.

These links can help you understand more about body image, or can help you if you are struggling:

Beat Eating Disorders - https://www.beateatingdisorders.org.uk/get-information-and-support/

The Mix – Body Image and Self Esteem - https://www.themix.org.uk/mental-health/body-image-and-self-esteem

The Young Scot website is a great source of reliable and unbiased information for young people aged 11 to 25 - https://young.scot/get-informed/
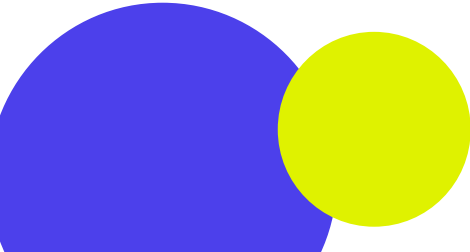
What is body image?

An advisory group on body image was set up by request of the Scottish Government in 2019. This group carried out a piece of research into the topic and came up with a few key definitions. It understands good body image to mean:

"Body image is how we think and feel about our body. Good body image is accepting how our body looks and valuing what it can do, recognising that we are much more than what we look like. Having a good body image does not mean loving your body all of the time. Everyone has body image and how we think and feel about our body can change".

Scottish Government and Mental Health Foundation Scotland (2020) page 2. Available at: https://tinyurl.com/MHF-SG-BodyImage

This report highlights seven key tips from young people:

- It is okay to struggle with your body image.
- You are in control of what and who you interact with.
- Take time off social media.
- Use your voice.
- You have the right to love your body.
- Surround yourself with supportive people.
- Make use of safe spaces.

Activity: words of affirmation bracelets

MindYerTime link: https://mindyertime.scot/activity-words-of-affirmation-bracelets/

A guide for making friendship bracelets to spread words of affirmation and help prompt positive body image for yourself and others! This guide could be used in a classroom/youth-work setting, with your friends/family or on your own! Words of affirmation are positive words or statements that uplift and encourage others, helping to boost their self-esteem and confidence. This in turn promotes a positive mindset and can contribute to positive body image.

Resource list:

- Beads in assorted shapes, colours and letters.
- Elastic string.
- Scissors.

Aim: Breaking out our creative side using words of affirmation to lift ourselves and others up!

Description: Use beads and string to make bracelets that have words or statements of affirmation on them, which you can trade with people around you to spread positivity with your friends, family and wider community.

Disclaimer: This activity can contribute to conversations on body image in which sensitive and triggering topics may be discussed. Please be mindful and respectful of people around you, and their own individual experiences. No two experiences are the same and we must remain mindful of this.

Activity: words of affirmation bracelets

Step by step guide:

- Lay out your bead pattern - this allows you to get the spelling right for your word or statement of affirmation and to decide on your colours and patterns!

- Cut a piece of elastic/string with 10 to 12 cm larger than your wrist to allow room for tying. Remember to make them different sizes for trading but also some that are comfortable for you.

- Optional tip: use a piece of tape to hold down one end of your string and thread the beads onto the other end. This will stop the beads falling off or dropping off the end.

- Make the friendship bracelets! String the beads onto the cord in the order you laid them out. Add extra in if you need!

- Tie the bracelet with a reef knot: Loop the right side of the elastic over the left side, pulling it underneath. Then, loop the new left side over the right side and pull tightly.

- Trim off the excess cord and your bracelet is ready!

- Trade your bracelets and spread words and statements of affirmation! Use these to spark conversation with others or simply pass them round to spread happiness.
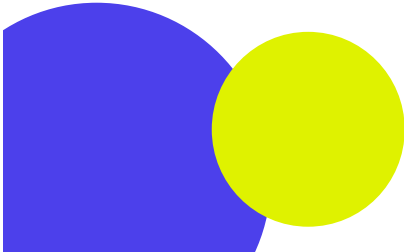
Artificial Intelligence (AI) and Photoshop

MindYerTime link: https://mindyertime.scot/artificial-intelligence-ai-and-photoshop/

When using social media, it can be difficult to spot when images have been manipulated using Artificial Intelligence (AI) or software like Photoshop, and to be aware of posts sharing inaccurate information or fake news. Technology has become so sophisticated that this can be quite hard to spot! However, even robots are not perfect. AI can often make mistakes that can be easily spotted when you are used to seeing them.

We want to highlight that there is no generic 'perfect', but every person is amazing, enough and worthy just the way they are!

Screensavers top tip: This topic has a lot more layers than is discussed in our content. Use the other links we have provided to access more information.

Artificial Intelligence (AI) and Filters

Artificial Intelligence (AI)

Artificial intelligence (AI) has become increasingly popular in today's world. Many people now use AI software, such as ChatGPT and websites often use Chatbots for public assistance. Whilst AI has many benefits and can be used morally, it can also bring many problems and be used unethically. One such instance of problematic AI use is on social media.
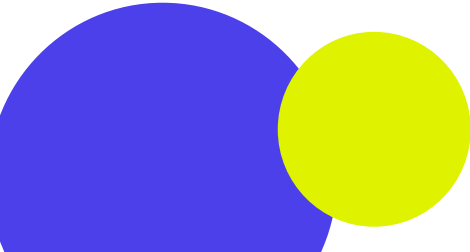
For more information on this topic visit: https://young.scot/get-informed/what-is-artificial-intelligence-ai/

Filters

Filters are used frequently online to edit or manipulate images, videos and even voices to present their virtual selves in a completely different way than how they present in person. It is good to keep this in mind when we use social media, sometimes people are not always who they say they are or who they present themselves as.

Fake News

AI can also be used to create fake accounts or fake news. This is where people or bots are used to fabricate people, places, events, or stories to promote a certain narrative, tricking others into believing their fabrication is real. Effectively tricking others into believing their fabrication is real. For more information on this topic visit: https://young.scot/get-informed/ysdigiknow-fake-news-bots/

Activity: craft conversations

MindYerTime link: https://mindyertime.scot/activity-craft-conversations/

Aim: This activity aims to spark conversations about body image by tapping into participants' creativity, using the medium of collage to get inspiration from images and words, rather than having to draw from personal experiences. This activity is split into two. The first is to be carried out as a whole group and second to be carried out in smaller groups. The first activity is using a word-based collage and the second can be through images and words. This approach is to take the pressure off individuals and introduce the topic without the group disclosing their personal relationship with body image, therefore establishing a safe space that allows for more comfortable open dialogue later on.

Resource list:

- Large sheets of paper
- Collage materials (magazines, newspaper, brochures, etc.)
- Pens
- Glue sticks or PVA glue
- Scissors
- Any other craft material, coloured paper, glitters, stickers and so on.

Disclaimer: This activity can contribute to conversations on body image in which sensitive and triggering topics may be discussed. Please be mindful and respectful of people around you, and their own individual experiences. No two experiences are the same and we must remain mindful of this.

Screensavers top tip:
This activity is to encourage conversation so prepare some prompt questions. However, some background music can take the pressure off too.

Activity: craft conversations

MindYerTime link: https://mindyertime.scot/activity-words-of-affirmation-bracelets/

Step by step guide:

- Introduction: Share context and aims of the activity while distributing the materials across the group.

- Collage 1: Body image in words: Using pages from a magazine or newspaper prompt the group to find words they feel relate to body image. Ask them to cut these out from the collage resources and stick them to a piece of poster paper, creating a word cloud.

- Discussion: As a group discuss the word collage using the following questions as prompts if needed.
  - Discussion questions and what words stand out the most?
  - What themes can you pull out?
  - What words are missing that you'd like to add?

- Collage 2: Challenging body image: Again, using the collage materials this time using images and words. Split into smaller groups and prompt the group to think what the question again 'What is body image?'. Give participants time to cut out pictures and words from the materials around this question (but do not stick them to the poster yet). Then as a group go through materials again thinking of barriers people may face in relation to having 'positive body image'. Finally decide as a group the direction and layout they would like their poster to be and get sticking!

- Discussion: For this discussion decide on a time limit and allow each group to present and explain their poster collages. Encourage others to ask questions to the group in relation to their posters, or to write down any questions about the wider topic of body image to discuss at the end as a big group.

- Finally display your artwork for all to see! You could add some text bubbles around your posters that explain the concepts or questions to get others thinking.
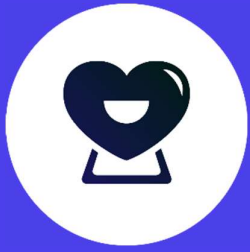
Mind Yer Time

Thank you!

We hope this resource was helpful!
The MindYerTime website explores lots of different topics. Check them out at the link below.

MindYerTime.scot