

HomeLink 3

WORKSHOP 3

BODY IMAGE

With someone in your family, create an image of a healthy body—a drawing, sculpture, photograph, collage, whatever!—using any materials you have around the house. While you create the image together, talk about ways that someone can feel good about their own body. Share some of the things you learned in Our Whole Lives, such as the way health can be defined differently for physically different types of people.

Take It to the Next Level!

Watch one or both of these videos on YouTube together; you may have already seen one of them during the workshop. Talk about how media literacy and body image go together.

- “Fabricating Beauty” by beatingED, which shows how makeup and Photoshop are used to create different looks on the same models
- “Self-Esteem Tips: Dealing with Body Image Issues” by watchwellcast, an animated discussion of the unhealthy and negative thoughts people can have about their bodies, with suggestions for boosting self-esteem

Word Bank Words for Workshop 3

BODY IMAGE: What a person thinks about their body, how they see their body, and their attitudes toward and feelings about their body.

Reading for Workshop 4

Read Part 3: Puberty, Sections 10–16 (pages 24–44), in *It’s Perfectly Normal*, twentieth anniversary edition (note that page numbers vary by edition). This is the longest reading of the program, so you might consider doing it over several days.