Health Education Today
10-Minute Teen Topics Series: Body Image

- Helping teens acquire the skills and wisdom to be above unhealthy influences -

The overarching theme of my Health curriculum is helping teens master skills, make wise choices, and have healthy responses to issues in life!

"Health Education Today" empowers students to choose an "I will" attitude in making healthy, wise life choices.

Many circumstances are beyond a teen’s control, but they can control their response to those events! They have the POWER to make positive choices and find success in life, even in the face of overcoming personal hardships or peer pressures. They can master these skills!

“Life is 10% what happens and 90% how I react to it... we are in charge of our attitudes.”

-Chuck Swindoll

About the Author:
Having taught high school Health for 19 years and writing my own entire curriculum during that time, I’ve used my experience to create student-tested lessons that get students engaged with a wide variety of health topics.

I’ve been a certified K-12 Physical Education and Language Arts teacher for over 30 years (19 of those years include teaching Health). Over my teaching career I’ve taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master’s of Education Degree in Instructional Technology, and I earned my National Board Certification in Health.
6th – 12th Grade Teen Topic: Body Image

For more on “Body Image” see my “4-Week “Nutrition Unit,” and my full semester Middle or Health curriculums:

- See previews of more resources at the end of this activity!
# Body Image

<table>
<thead>
<tr>
<th>WA State Middle School Standards Met*:</th>
<th>My State Standards Met:</th>
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<tr>
<td>- Analyze interrelationships of personal dimensions of health. H1.W1.8</td>
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<tr>
<td>- Demonstrate ability to make choices that positively impact self-esteem. H7.So1.8</td>
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<td>Describe how self-esteem and body image are related. H1.So2.6a</td>
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<td>Explain how peers and media influence body image. H2.So2.7</td>
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**WA State High School Standards Met**:  
- Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS  
- Assess self-esteem and determine its impact on personal dimensions of health. H1.So1.HSa  
*See “Standards Doc" in the main folder.

### National Standards Met By 8th and 10th Grade: 1, 4

### 6-10 Common Core Standards Met: Reading / Writing W 4

#### Materials Needed:

<table>
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<tr>
<th>Printed Materials</th>
<th>-“Body Image: Try These 5 Tips”</th>
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<th>Optional:</th>
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<tr>
<td>Learning Target Content:</td>
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<tr>
<td>Behavioral:</td>
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<td>Assessment</td>
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Dear Teacher: Thank you for being part of my “10-Minute Teen Topics Series. Engage students with a no-prep, quick, FREE activity, including a great WellCast YouTube video and a fun follow-up worksheet on a variety of issues that teens face today.

1. **Optional Opener:** Have your students turn to a partner and discuss the definition of this quote by Marcia Hutchinson: “If you talked to your friends the way you talk about your body, you’d have no friends left.” Ask anyone if they want to share out to class what they came up with. If you want, you can even write their ideas on the board.

2. **Optional Follow-Up:** This is a great website with 25 quotes from famous women celebrities (be sure to preview!) [https://www.more.com/entertainment/celebrities/25-empowering-body-positive-quotes-your-favorite-celebrity-divas](https://www.more.com/entertainment/celebrities/25-empowering-body-positive-quotes-your-favorite-celebrity-divas)

3. Hand out the “Body Image: Try These 5 Tips” worksheet and have students fill in the 5 tips from the video onto the worksheet as they watch.

“Self Esteem Tips: Dealing with Body Image Issues” (5 min.) [https://www.youtube.com/watch?v=IgqMqtnTJeE&t=69s](https://www.youtube.com/watch?v=IgqMqtnTJeE&t=69s)

4. Here is the key:
1. Look inward and be your own inspiration

2. Don't sacrifice your future health for your current figure.

3. Don't keep moving goal posts back (set small goals based on your own body type)

4. Talk it out with someone who specializes in health (Health or P.E. teacher!)

5. Set away from the mirror and help someone else (don't be self-obsessed!)

~Thank you for being a part of my “Teen Topics.” If you'd like to see more fun video/worksheets, just go to my website and look on the left for “Teen Topics Series.” They're all FREE!  
https://www.teacherspayteachers.com/Store/Mrs-Ss-Health-And-Pe-Resources
POSITIVE BODY IMAGE: Try these 5 Tips
You might also be interested in some of my best-sellers: