

## Dejavnost za krepitev duševnega zdravja mladih SAMOPODOBA in MIT PODOBE

Pripravljeno za PP aktivnost na jesenovanju 2018.



0.

### Pripravi: Google anketo (priponka)

Pred odhodom na zimovanje vsak popotnik reši anketo.

1.

### Pripravi: za vsakega udeleženca po en set treh listkov; pisalo za vsakega; plakat z narisano silhueto človeka; lepilo.

Pripravimo tri vrste listkov – oziroma listke z različnimi simboli (srce, oko, noga). Vsak na listek napiše, kaj mu je všeč na njegovem značaju (srce), videzu (oko), telesni sposobnosti (noga). Naložijo listke na kup. Zaprejo oči izberejo z rokami eno pozicijo (roke na oči, srce, noge) voditelj zakriči eno od pozicij, kdor je imel roke na poziciji, zagradi listek s to isto lastnostjo in ga želi prvi prilepiti na narisane človeka.

Rezultat: samopodoba »idealne osebe«.

Vprašanja:

- Zakaj je pomembno razmišljati o svojih pozitivnih lastnostih?
- Zakaj se ne pogovarjamo samo o izgledu.

2.

### Pripravi: popularne in aktualne revije, šmir papir, pisala.

Začnemo z mitom o popolnem človeku (damo jim za prelistat revije, reklame in narisat oz. prilepit popolnega človeka).

Rezultat: sestavimo mit popolnega človeka.

Vprašanja:

- Kam nas pripelje težnja po doseganju tega ideala?
- Kako izgleda življenje človeka, ki želi ideal doseči?
- Kaj se v svetu spreminja zaradi tega ideala?
- Kakšen bi bil svet, če se vsi usmerimo v ta ideal?

3.

### Pripravi: rezultate ankete

Kakšno je naše počutje v klanu? Pogovor o anketi in rezultatih ankete.

4.

### Pripravi: listke za na hrbet prilimat z napisi oseb.

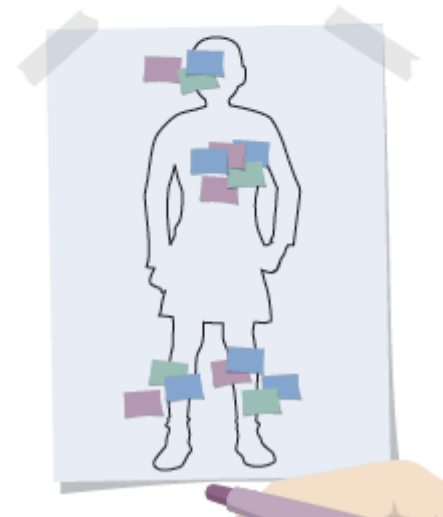
Sledi aktivnost ugibanja »kaj mi piše na hrbtu«. Vsak mora ugotoviti, kaj mu piše na hrbtu oz. »kdo je on«. Postavlja vprašanja, ostali mu odgovarjajo – ne smejo pa v odgovoru uporabiti direktno besede oziroma niti delčka besede. Cilj: Mladi znajo razločiti med aktualnimi izrazi, ki se pojavljajo v medijih in na internetu: influencer (vplivnež), producer, decision maker (odločevalec), celebrity (znana osebnost), bloger, vloger, youtuber.

Vprašanje:

- Kdo je kriv za »image myth«; »mit idealne podobe«?

#### Try it another way

If your group prefers, you could play a quieter version. Everyone sits in a circle and all the eyes, hearts and feet are placed in a pile in the centre. Choose someone to start. They go into the centre and choose one of the pieces of paper. They read it out and must guess whose piece of paper it is! If they're right they get another guess. If they are wrong, the person whose paper it is reveals themselves and the turn passes to the person on the left of the first person. Each time, stick the paper onto the person outline. If you have a large group, you may wish to do this in small groups to save time. The winner is the person who has the most correct guesses.



Example



5.

### Pripravi: stare Skavtiče, škarje, šmir-papir, pisala in igralno kocko

Kakšen je idealen skavt? Aktivnost: listanje Skavtičev. Mladi v podobah iz revije poiščejo nekaj lastnosti idealnega skavta. Vsak si izbere tri, jih skrije pred ostalimi in prihrani za zabavno aktivnost v nadaljevanju. Ko si na vrsti, vržeš kocko, ki bo določila ali to lastnost narišeš, pokažeš s pantomimo ali razložiš brez, da bi omenil koren.

Vprašanja:

- Kam nas pripelje težnja po doseganju tega ideala?
- Kaj se v svetu spreminja zaradi tega ideala?
- Kakšen bi bil svet, če se vsi usmerimo v ta ideal?

Vir za aktivnost iz tega activity packa :D <https://free-being-me.com/downloads/>

BiPi



Neustavljivi

What features would someone need to have to be considered 'perfect-looking' in our society? Think about every part of the body, from hair and face, to body type and shape, legs, feet, hands, skin...

**Session 1 \* Activity 1**  
**Build Me Up**

**SEE THE CHANGE**  
**CHALLENGE 1**

**15 mins**

**Learning**  
To talk about and respect themselves and others as a 'whole' – including personality, talents, abilities and interests as well as appearance. A great team is made up of unique individuals.

**Step towards action**  
Begin to think about why body confidence is important for children and young people.

**What to do**

- 1) All participants take three pieces of paper or sticky notes
- 2) Write on the sticky notes - one on each - the following
  - Eyes:** something you are proud of or value about the way any part of your body looks (you don't need to say why!)
  - Heart:** something about your personality you like, or a strength you have for example being funny or caring
  - Feet:** write something you can do with your body that you're proud of or enjoy - anything, like walking to school, playing a football match, cooking and so on.
- 3) Use your large sheet of paper to draw a giant outline of a person - you could even draw around someone in the group! Stick up your person outline on a wall.
- 4) Play the 'Build Me Up' game. This is designed as a fun, active game to warm everyone up and make connections.

**At a glance**  
A game to celebrate your unique selves and your team

**You will need**  
1 piece of paper and pen per participant, three small pieces of paper or sticky notes each, 1 large piece of paper (like old wallpaper or flipchart paper)

- Get into small, equal-sized groups. (If you have an odd number, ask a leader to join in!)
- The groups should pile up their Eyes, Hearts and Feet in small piles in front of them, and stand at the other side of the meeting room from the person outline.
- The Leader asks everyone to close their eyes and put their hands on their eyes, heart or feet. Once everyone has chosen their position, the leader (who has her eyes closed too!) should call out 'Eyes' 'Hearts' or 'Feet'.
- Everyone opens their eyes. All who were in the position the leader called out must pick up one piece of paper from their team's pile showing the body part called out, and run to stick it on the person outline.
- Repeat the game, until one group has finished all their pieces of paper - they are the winners! Keep it quick and active - you could give a time-limit on the run, or add an obstacle course.
- Congratulate the winning team, and ask everyone to come up and stick on the rest of the notes, then bring everyone together and read them out to the group.

Action on Body Confidence | Activities for 11-25 year olds

page 9

# PRILOGA (anketa)

FreeBeingMe

Anketa je anonimna, njeni rezultati pa nam bodo služili na dejavnosti naše krovne ženske skavtske organizacije WAGGS, ki jo prijavljamo za teden globalnega učenja.

## **starost**

10-15

16-21

21-25

## **spol**

moški

ženski

**Si kdaj čutil/a pritisk, da moraš popraviti svoj fizični izgled (iti na dieto, spremeniti frizuro, uporabljati določene izdelke) da bi ustrežal/a določenemu idealu.**

da, velik pritisk

da, nekaj pritiska

ne, ne veliko pritiska

ne, nič pritiska

ne vem

**Če si ga, od kje misliš, da prihaja?**

oglaševanje

revije

televizija

prijatelji

sošolci

družina

družbena omrežja

svet mode

trgovine/e-trgovine

Drugo:

**Komentar na zgornjo izbiro: .....**

**Kaj misliš, da so najbolj pogoste skrbi povezane s samopodobo med tvojimi vrstniki v kraju, kjer živiš? (označi 3 najpogostejše)**

telesna teža

oblika telesa

lasje

barva kože

koža (npr. mozolji)

izgled obraza

Drugo:

**Ali so te v zadnjem mesecu, skrbi glede tega 'kako izgledaš', zaustavile pred čim? \***

VERTIKALA:

nikoli me niso zaustavile

malce so me zaustavile

so me kar zaustavile

čisto so me zaustavile

dejavnost se me ne tiče

HORIZONTALA:

iti na plažo ali bazen

iti na družaben dogodek ali zabavo

iti po nakupih za oblačila

se gibati/ukvarjati s športom

podajati mnenje/postaviti se zase

iti k zdravniku

iti v šolo

družiti se s prijatelji

preživljati čas z družino

iti na plažo ali bazen

iti na družaben dogodek ali zabavo

iti po nakupih za oblačila

se gibati/ukvarjati s športom

podajati mnenje/postaviti se zase

iti k zdravniku

iti v šolo

družiti se s prijatelji

preživljati čas z družino



### Printout 1

# Action on Body Confidence



Hello! Thank you for filling out our survey. We are interested in your views and experiences on appearance and what influences our feelings about the way we look. Your answers will help inform:



.....  
unit/group's body confidence Action Project, and The World Association of Girl Guides and Girl Scouts' global research into body confidence

1) How old are you?

- 11-15
- 16-20
- 21-25

2) What is your gender?

- female
- male
- other
- prefer not to say

3) Have you ever felt pressure to alter your physical appearance (eg diet, use certain products, style hair) to look a certain way?

- Yes a lot of pressure
- No not much pressure
- Don't know
- Yes some pressure
- No pressure at all

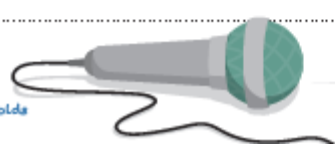
4) If you have felt any pressure to change the way you look, where do you feel this pressure coming from? Rank these from most pressure (1) to least (8)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Advertisements   | <input type="checkbox"/> Friends                  | <input type="checkbox"/> Social media       |
| <input type="checkbox"/> Magazines        | <input type="checkbox"/> People at school/college | <input type="checkbox"/> Fashion designs    |
| <input type="checkbox"/> Television/films | <input type="checkbox"/> Family                   | <input type="checkbox"/> Shops/online shops |

Other .....

Comments (please share any further thoughts or experiences): .....

.....  
.....





Printout 1

# Action on Body Confidence



5) What do you think are the most common body confidence worries or concerns for people your age where you live? Please tick/check the top three

- body size
- hair texture
- skin (like acne)
- body shape
- skin colour
- face appearance

Other .....

6) In the last month, have worries about the way you look stopped you from:

	Hasn't stopped me at all	Stopped me a little bit	Stopped me quite a lot	Stopped me completely	Doesn't apply to me
Going to the beach or swimming pool					
Going to a social event or party or club					
Going shopping for clothes					
Doing a physical activity/sport					
Giving an opinion or standing up for myself					
Going to the doctor or nurse					
Going to school, college or work					
Spending time with friends					
Spending time with family					
Any other? Please write here ...					

Printout 2



# Summary Sheets for Survey Results



**1) How old are you?**

	Number
11-15	
16-20	
21-25	

**2) What is your gender?**

	Number
Female	
Male	
Other	
Prefer not to say	

**3) Have you ever felt pressure to alter your physical appearance (eg diet, use certain products, style hair) to look a certain way?**

	Number
Yes a lot of pressure	
Yes some pressure	
No not much pressure	

	Number
No pressure at all	
Don't know	

**4) If you have felt any pressure, where do you feel this pressure coming from?**

	Number		
	Ranked 1	Ranked 2	Ranked 3
Advertisements			
Magazines			
Television/films			
Friends			
People at school/college			
Family			
Social media			
Fashion designs			
Shops/online shops			
(other)			
(other)			
(other)			





**Printout 2**

# Summary Sheets for Survey Results

**5) What do you think are the most common body confidence worries or concerns for people your age where you live?**

Number of times ranked in top three	
Body size	
Body shape	
Hair texture	
Skin colour	
Skin (for example, acne)	
Face appearance	
Other	
Other	

**6) In the last month, have concerns about your appearance stopped you from:**

	Number of times ranked in top three				
	Hasn't stopped me at all	Stopped me a little bit	Stopped me quite a lot	Stopped me all the time	Doesn't apply to me
Going to the beach or swimming pool					
Going to a social event, party or club					
Going shopping for clothes					
Doing a physical activity/sport					
Giving an opinion or stand up for myself					
Going to the doctor or nurse					
Going to school, college or work					
Spending time with friends					
Spending time with family					