

Syllabus 1, Session 4

4. Images of Health

Aims:

- To encourage the group to look at their positive points and recognise their uniqueness
- To explore and critique the ways in which society portrays health

Activity 1 - Health in the media

You will need lots of different magazines, scissors, glue, felt pens and two big sheets of paper.

Start by choosing two of the girls to lie down on the paper and another two to draw around them to give a rough outline of their bodies. Then get the group to scour the magazines and create a collage or graffiti picture of what they consider to be false messages about health and beauty - eg make-up that promises a flawless complexion, or herbal tablets to give you shiny hair etc.

Encourage the girls to then find what they consider to be true messages about health and beauty - eg two people laughing; a wrinkly, but happy looking older person; someone exercising etc, and create another picture with them.

As the group creates the pictures, ask them to think about the messages they see and hear about what being healthy and beautiful means:

- Is beauty portrayed as being only skin deep?
- Is a person's health based on their outward appearance?
- Do you think that there is pressure in society to look a certain way?
- Do you feel pressured to look a certain way?

Activity 2 - Healthy Image

This activity is a line continuum, which encourages the girls to vote with their feet. When you read out a statement from the 'Healthy Image' sheet, they have to walk to either end of the room to show whether they agree or disagree.

As the group responds to the statements, ask a few of the girls to explain their reasons for agreeing/disagreeing with them. You may find this to be a good discussion starter, especially if some of the group have conflicting opinions!

Activity 3 - Positive words

Split the girls into small groups and give everyone a piece of paper. Get them to draw around their hand and then draw a line down the centre of it. On one half

they are to write three things that they like about themselves and on the other half the others in the small group write down some positive comments for that person.

This activity can work really well in encouraging the girls to think positively about themselves. It is a good opportunity for the team to get involved and think creatively about what to write for each girl. You might want to encourage the girls to take the piece of paper home with them and stick it on their mirror or somewhere else where they would see it often.

Activity 4 - Role play

In small groups get the girls to role-play one of the scenarios below about making healthy choices. Give them a few minutes to decide what to do and then perform to the rest of the group.

Scenarios:

- Kelly wants to lose weight for her sister's wedding and has decided to go on a crash diet.
- Jenni's boyfriend wants her to get her tongue pierced, but her teacher has told her that she will be suspended from school if she does. Who does she decide to keep the peace with?
- Your best friend has spent most of her break time crying in the toilets. She won't tell you what has happened. What do you do?
- Hannah has been falling asleep a lot at school recently. Why? What does she do about it?
- Sally lives with her grandparents. Her grandad is a heavy smoker and smokes in the house a lot. A lot of Sally's friends have started smoking and they start pressurising her to join in too. What decision does she make? What can she do about her granddad smoking at home?

Bible Bit

Genesis 1:27

God made us male and female. He intended us to 'fill the earth', so that the first couple became many. He intended us to co-operate and work together. Unfortunately, we have become 'competitors' often, instead of 'co-operators'. How can this Wise Up group become co-operators rather than competitors?

SAMPLE