Love your body week

FOR SCHOOLS

DRESS TO EXPRESS

CLASSROOM DISCUSSION GUIDE
ABOUT ‘DRESS TO EXPRESS’

Suitable for primary and secondary aged students (males and females). It encourages young people to wear a ‘touch of’ something to reflect their inner self (inherent qualities and passions) on the outside. It aims to

- Celebrate the positive things their body can do (functionality).
- Respect diversity and difference in themselves and others (diversity).
- Express their inner qualities; strengths, personality, talents or cultural backgrounds (individuality).
- Help students to feel proud about who they are as a person (self-pride).
- Discourage appearance based bullying/teasing (anti-bullying).

CLASSROOM PROMPTS/DISCUSSIONS

Here are a few discussion prompts for educators to continue the Love Your Body conversation with their students. You might like to choose, one, all of them or develop your own! Prior to holding classroom discussions, we encourage teachers to share some of the messages (or the information above) with students about the aims of Dress to Express.

PRIMARY AGE CHILDREN

Prep/Foundation - Year 2

Q: Why did you choose to wear/do what you did for 'Dress to Express'?

Q: What things do you do that show your body that you love and care for it?

Q: What are some of the awesome things that your body can do? What is your favourite activity to do?

Q: What is something you can do now, that you couldn't do before you started school?

➢ Our body changes and can do new and amazing things all the time.
➢ Everyone is different and this is what makes us and the world we live in so special.

Years 3 - 4

Q: Why did you choose to wear/do what you did for 'Dress to Express'?

Q: What are some things that your body can do?

Q: Do you know something about your heritage or family culture? Our heritage plays a huge part in determining how we look! What features have you inherited from your parents?

Q: Why do you think people are mean to people about how they look?

Q: What are some things you can do if you know someone is teasing someone about how they look?

➢ People look the way they do for lots of different reasons.
➢ It’s never ok to be mean, rude or tease someone for how they look.

Years 5 - 6

Q: Why did you choose to wear/do what you did for 'Dress to Express’

Q: What is 1 thing you are GRATEFUL your body can do?

Q: Do you think it’s easy to Love Your Body?
Q: What is 1 thing you can do every day that can show your body that you appreciate and respect it?

→ Move in a way you love (sport, activities, or even playing with a pet). Speak to your body kindly, as you would to a friend. Dress in a way that makes you feel comfortable and expresses YOU.

→ Your body IS great. Focus more on appreciating what it can do, rather than how it looks!

ACTIVITY IDEA

This activity helps children to understand that what really matters is on the inside.

Take two boxes. In one box, place a highly valued item (a piece of stationery perhaps) but wrap the box in plain paper.

In the other box, place an item that most children wouldn’t be so delighted to receive (some pebbles perhaps).

Wrap this box nicely with a bow. Ask the children to decide as a group which box they would like to open.

Most will choose the nicely wrapped gift.

This is a great opportunity to reinforce the message that it doesn’t matter what’s on the outside, it’s the inside that counts.

SECONDARY AGE YOUNG PEOPLE

Years 7-9

Q: Has appearance just become important in society or has it always been? Is it positive or negative?

Q: Are there different appearance ideals for males and females?

Q: What are some of the things that influence how you feel about the way you look?

Q: What can you do to challenge these appearance ideals and pressures?

→ We see and receive lots of messages telling us how we ‘should’ look. The more we take on board these ‘ideals’ the more unhappy we’ll feel about our body and appearance.

→ Keep those ideals on the outside. You are enough, just as you are!

Years 10+

Q: Why do so many people struggle with ‘Loving their Body’?

Q: What are some of the things that influence us and how we feel about our body and appearance?

Q: What things can you do that are actively demonstrating to yourself that you are respecting your body?

Q: What is one thing you could do to role model positive body image to your friends and family?

→ Loving Your Body is so much more than just being ok with what it looks like, it’s truly respecting it for the things it can do over how it looks.

→ We are so much more than our appearance and our body!

Q: Why can asking for help be so difficult?
NEED HELP OR SUPPORT?

1800 ED HOPE – 1800 33 4673
8:00am – midnight AEST, seven days a week, excluding national public holidays.

Email: support@thebutterflyfoundation.org.au
thebutterflyfoundation.org.au