

Body Positivity Assignment

Name: _____

Date: _____

Due Date:

Over the last couple of days you learned about body positivity and how the media can not do a good job at increasing their audiences body image. They lower it through their ads and make “ideal standards” that can be extremely difficult to follow as it could require massive change to yourself. The important thing is for every individual to be unique and different in their own way. Individuals and everyone else should embrace this idea and have a positive image about themselves and work to support others. This is an individual assignment.



Option 1-Make Yourself Body Positive: Draw yourself. Put body positive words around yourself and show off what makes you special by enhancing that. Think about what you're good at and what you like the most about yourself.

Option 2-Make Others Body Positive: Not a draw-er or don't like to... no worries... This option is for you. Write a letter to a company/person convincing them to be body positive. Tell them what they could do to be body positive. For example, you could convince a company why they should have more diverse images in their campaign or write to a friend expressing the positive things about them and why they should feel that themselves.

Success Criteria:

We can...

- Apply self-confidence skills by focusing on what makes us and others unique.
- Show a sense of belonging and respect for diversity through visual and/or written means.
- Explain to others/ourselves on how to focus on increasing our body image and being body positive.
- Include at least 5 ideas on being body positive.

Rubric:

<p>Body Image/Positivity: Related body image concepts in building body positivity either in themselves or in others.</p>			
<p>Level 4 Showed a clear understanding on how you can build body positivity and admire uniqueness.</p>	<p>Level 3 Showed some understanding on how you can build body positivity and admire uniqueness.</p>	<p>Level 2 Showed very little understanding on how you can build body positivity and admire uniqueness.</p>	<p>Level 1 Showed no understanding on how to build body positivity and admire uniqueness.</p>
<p>Communication/Support: Shows through writing or visuals that they are working towards increasing body image/positivity of themselves or others, in multiple ways. Shows understanding of belonging and respect for diversity.</p>			
<p>Level 4 Communicates clearly that they are working towards body positivity or supporting that of others. Makes it clear that they have a respect for diversity through visual/written means.</p>	<p>Level 3 Mostly communicates that they are working towards body positivity or supporting that of others. Makes it clear that they have a respect for diversity through visual/written means.</p>	<p>Level 2 Sometimes they communicate that they are working towards body positivity or supporting that of others. Sometimes it shows that they have a respect for diversity through visual/written means.</p>	<p>Level 1 Does not communicate their understanding that they are working towards body positivity or supporting that of others. Shows no respect for diversity through visual/written means.</p>
<p>Reflection: Reflected upon their learning and can implement body positivity and understand their/other's uniqueness in life.</p>			
<p>Level 4 Reflected upon their learning and can see that they implemented body positivity and understanding others uniqueness into their life.</p>	<p>Level 3 Reflected upon their learning and can see that they sometimes implemented body positivity and understanding others uniqueness into their life.</p>	<p>Level 2 Showed no reflection on their learning and rarely can see that they implemented body positivity and understanding others uniqueness into their life.</p>	<p>Level 1 Showed no reflection on their learning and did not implement body positivity and understanding others uniqueness into their life.</p>