

BODY IMAGE

Ice Breaker _____

Game/activity _____

According to Australia's women health organisation, one out of three school aged girls are not happy with the way they look and according to an ABC news article one in four young men are not happy with their appearance.

Some Questions...

Q Do you think this would be accurate among your friends?

Discuss whether the following are **true** or **false** statements:

- Happiness is not dependant on someone's clothing size.
- Your future is not tied up in how good looking you are.
- All teenage girls/guys struggle with their appearance.
- There are attractive people who's character let them down.
- Nice people are not all packaged in what the world calls 10/10 bodies.
- Everyone has good days and bad days.
- Many people go from one relationship to another looking for happiness.
- Most girls/guys would agree with the previous comments but struggle to apply them to their own lives.

Exercise:

On a piece of paper draw a basic outline of a person and put a – next to everything you don't like about yourself and a + next to aspects of your self that you do like.

Date you did this study _____

Leaders' Notes

Now look at the piece of paper and talk about where you get the ideas that those areas of your body aren't exactly like the supposed to be. (Leader get them to do the work – TV, magazines, movies, peers etc.) Can you list 10?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Some Questions...

- Q Did you know that in the top teenage magazines that 35% of the content is about dating, 37% about appearance and 28% about other stuff?
- Q How much influence do you think that magazines have over the way teenagers see themselves?

Now fold your piece of paper with your + and – and put your name on it. Then pass it to the person on your right. Without opening it write one thing that you like about that persons personality and pass it to the next person and so on until 5 people have written something on it.

After a few minutes give the paper back to the owner and take some time to read your own.

Share aloud some of the things people said about you

Some questions...

- Q How does it make you feel as you read some of the things out?
- Q How many of you found it hard to accept these compliments as truth?
- Q What is more important to you in a friend; appearances on the outside or heart stuff on the inside?

Q What would it take to get you thinking the truth about yourself and putting your appearances as a lower priority of importance?

Everything that the devil, your worst enemy, says is a lie and he sets out to destroy the works of God in your life (he is the father of lies).

Q What kind of lies does he whisper to you and your peers about body image/perception?

Q How could that sabotage (or mess around with) God's plan for your life?

The bible is truth!!!!!!! So you can believe what God says about you. Look up and talk about how the following verses could help someone who struggles with the way they look.

Read: Genesis 1:27

Read the whole chapter of Psalm 139

Personal Application:

Look in the mirror this week and ask God to help you appreciate the way he created you, and then make a commitment to refuse to allow the lies of the enemy to get you down this week. Ask the Holy Spirit to help you recognise the lies and then decide you will knock him down by speaking out the truth.