Secondary Assembly Script – Body Image & The Media

This assembly is a great way to kick off the new year in school, discussing body image, inner beauty and launching tootoot.

We believe it’s important to talk about body image at this time of the year, as pupils can be bombarded with dieting and weight loss from adverts in the media and conversations with peers or family.

**Slide 1**

Welcome!

Today we are going to be talking about body image and the media.

**Slide 2**

Body image is a person’s emotional attitudes, beliefs, and perceptions of their own body.

**Slide 3**

How can the media affect the way we see our bodies?

*Ask pupils to put their hand’s up with suggestions.
Examples could be; the media creates unrealistic ideals, it creates stereotypes, it can make you feel insecure.*

**Slide 4**

When we compare ourselves with other people, that has the potential to affect the valuation of ourselves.

**Slide 5**

*Play video, please note you will need an internet connection.*

**Slide 6**

Ask pupils to close their eyes and imagine a scenario.

* Imagine it’s 40 years from now.
* You are attending a high school reunion and meeting up with all your classmates.
* Everyone is taking turns to go around the room sharing stories of what they remember about you.
* Would you want them to remember your brilliant personality, the way your laughter lit up the room, your compassion, your generosity, your humour, your intellect, your kindness or would you want it to be the way you looked?

**Slide 7**

There will always be pressure from social media, magazines, TV, films, adverts to look a certain way.

But you must remember that looks are such a small part of who you are, and your inner beauty is what truly matters.

**Slide 8**

If you or a friend are struggling with your body image or you are feeling unsafe or unhappy, you can send a message using tootoot.

You can use tootoot on a computer, tablet or mobile.

**Slide 9**

To use tootoot you can go to [www.tootoot.co.uk](http://www.tootoot.co.uk) or use the app, just search for ‘tootoot’ and download.

On the website you will come to this page, then click login.

**Slide 10**

Then enter [school name]

**Slide 11**

Next enter your log in details

**Slide 12**

Finally enter your message and click make a noise

**Slide 13**

If you forget your tootoot login, please speak to ……………