

Life Skills Year 8 Positive Body Image

In Life Skills lessons this year, we have looked at 'My Mind'. We have been exploring a number of topics such as stress, self-esteem and body-image.

As studied in lessons, the media often portrays an unrealistic image of body image.

Your task:

Research how the media manipulates images. Watch the BBC video on the link: <https://www.bbc.co.uk/bitesize/clips/zxrpvcw>

Create a magazine article, webpage, leaflet, video, IMovie etc on positive body image.

Show how the media manipulates images to make people look different and tell your reader the importance of positive, natural body image.

Use pictures to illustrate your point.

Include at least three suggestions of **how the reader can make themselves feel more confident about their body.**

Ensure you have accurate spelling, punctuation and grammar.

Use suitable layout and language for your chosen method of presentation.