



## **Session 1: Beautiful Minds**

### **Body image and self-esteem**

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Body image was the top personal concern for young Australians in Mission Australia's 2016 youth survey.

With the prevalence of sexualised images in the media, and so much attention being placed on appearance, teenage girls are increasingly confused about what a healthy body looks like - and whether they can be "good enough" looking the way that they do.

A young woman's self-esteem is directly related to her body image. For our girls to feel confident about their place in society, they need to internalize healthy ideas about their bodies.

Empowering young people with skills and knowledge that enable them to challenge what they see, and the

underlying messages and strategies used by the media, can help them avoid taking these images so literally – and personalising them in such damaging ways.

**Drawing on her experience as a booking agent for some of the world's top modelling agencies, Marina will help students understand:**

- How supermodels really feel about themselves (and how it's not all it's cracked up to be).
- How the media manipulates young women to make them feel bad about the way they look.
- What a 'healthy body' actually means and looks like.
- Simple strategies to help young women make healthy evaluations about their body image.
- Introductory ideas to develop a powerful sense of self esteem based on more than superficiality.

**Anticipated outcomes:**

Students who attend this presentation will walk away with:

- A clear understanding of the negative role some media outlets play in their world
- A series of strategies to step through when confronted with images that undermine self-worth
- A powerful reminder that feelings of self-worth are much more than skin deep

