

Let's talk

Circle time and thinking activities

The question boxes provide ways to get the children thinking and talking about the factors that contribute to making them who they are. It is important to encourage the children not simply to think about their body image, but to focus instead on their personal qualities and values.

**1** What is the first thing you notice when you meet a new person? What characteristics of a person can't be seen? Is the way in which we judge people always fair or sensible? How would you want people to judge you?

**2** What do you think the expression 'See yourself as others see you' means? Do you think that is possible? How easy is it to describe your strengths? Is it easier to focus on your weaknesses? Is everyone aware of their own strengths and weaknesses?

**3** Do you ever compare yourself with other people? How can it hurt you to compare yourself with other people? How can it help you? What is self-esteem? What is the difference between high self-esteem and low self-esteem? What are some causes of low self-esteem?

**4** What it is that makes a family? Do you need parents and children for family? Is a blood relationship necessary to belong to a family? Do you have to live together all the time to be a family? Has the nature of families changed over the years?

**5** What is an advertisement? Where do you see or hear adverts? Who makes them? What are they trying to do? Are advertisers misleading young people by creating fantasy worlds? Are adverts only used to sell things? What else do adverts try to persuade people to do?



**6** What is peer pressure? If a friend tried to pressure you into smoking cigarettes, what would you say? Why do people have trouble saying 'no' to friends? When someone suggests doing something you don't feel right about, what are some things you can do, besides just saying 'no'?

**7** What is a role model? Who are your role models? Are role models always people in the public eye? What kinds of people make good role models? Do we always choose good role models? What kind of responsibilities do role models have? Are you anybody's role model?

**8** Why do so many people wish they looked differently? Why do we think we should look a certain way? Where does our notion of an 'ideal' body come from? Why is there so much focus in our society on body image? Who controls the images we see?

**9** Do your parents sometimes expect you to act grown up, but then treat you like a child? Do you sometimes act like a young adult and at other times act as a child? Do you think being a teenager is easy or hard?

**10** What does it mean to describe someone as a 'responsible' person? What responsibilities do people of your age have? Do you know someone who is very responsible? Have you ever let somebody else take the blame for something you did? How did the other person feel about it?