



“Peel Away” Workshop Guide

Note to the facilitators: Times may vary. Pay attention to your group and adjust accordingly. This workshop has potential to help students grow and identify how they feel about themselves, media, healthy weight and self-esteem analysis. This workshop is meant to be serious and reflective. Pay attention to mood, environment and feel of the workshop. Let your imagination fly! Use candles, soft music etc. Keep in mind that the students will model themselves after your mood and enthusiasm.

Workshop materials:

1. “Peel Away” Workshop guide
2. “Be Yourself” video and projector (www.studentscommission.ca)
3. Squares of paper and pencils
4. Information to give to students on healthy weight, nutrition and self-esteem. See [The Health of Canada's Young People \(2011\)](#). The facts in this workshop are drawn by the youth creators of this workshop from this report, which summarizes The Health Behaviour in School Aged Children's Study in Canada, 2011.

Agenda:

1. Ice-breaker/activity (5 minutes)
2. Direction talk (3-5 minutes)
3. “Be Yourself” video (1:31 minute)
http://www.tgmag.ca/hbsc_site/ourmessage_01_e.php
4. Reflection questions (10)
5. Energizer/ fun, quick activity to split into group (3 minutes)
6. Small group discussion (5-10 minutes)
7. Closing talk on healthy weight, nutrition and self-esteem (8-10)
8. Head, heart, feet, spirit closing circle (5 minutes)

Disclosure and respect must be present with this workshop!

1) Icebreaker:

- Choose a quick icebreaker to get the group comfortable with one another. If you don't have one in mind, ask a participant to lead an activity.

2) Direction Talk Key Points:

- Talk about media and its perspective on weight
-i.e: only very skinny girls are viewed as beautiful.
- Beauty is within!
- Fact: from grade 6-10, boys feel that they are too skinny and need to bulk up as they grow older; as well, girls feel that they are too fat as they grow older.
- Everything that is talked about within the sessions will remain confidential and in a judge free zone.
- Talk about whatever else you want too, whether its about weight or self-esteem.

3) “Be Yourself” Video:

Tell the participants that this video was made by youth attending the 2012 Health Behaviours in School Age Children (HBSC) Conference – it looks at body image and media

- Show the video, “Be Yourself”
- Be sure that there isn't too much lighting the room

4) Reflection Questions:

Note: This time is meant to be serious and reflective! Be mindful of the atmosphere and environment, feel free to light candles and turn off the lights, put on low, soft music and allow the students to spread out and find a comfortable area. *Hand out pens and paper before students disperse.*

Internal Reflections: Pick questions that are appropriate to your group or make your own! Ask each participant to find a spot in the room and, if they are comfortable, to close their eyes. Tell them that you will read out a series of questions and they are to think and reflect on their answer in their head. Read the questions. At the end, ask if anyone wants to share any of their reflections.

- What is beauty?
- How does the media influence you?
- If everyone has beauty, is it fair that media usually presents beauty as one thing?
- What do you consider a healthy weight?
- Do you think there is more to beauty than appearance? Why/why not? How?
- Are you comfortable with your weight?
- Are you comfortable with yourself this very moment? If you were to rate your self-esteem on a 1-10, what would it be?

Written Reflection: Write the 4 questions below on the board. Ask each participant to answer the questions individually on their piece of paper. Tell them they will not be asked to share anything they do not want to. When everyone has finished writing, ask if there is anyone who would like to share their answers. Record answers to each question on the board. See if there are any themes that emerge.

- What kind of mask you wear?
- i.e.: anger, make-up, changing yourself, working out excessively.
- When do you wear it?
- i.e.: at school, home, work
- Why do you wear it?
- i.e.: to belong, to suppress emotions
- How can you peel away your mask?
- i.e.: to stop changing yourself to appear “beautiful,” to work on your self-esteem

5) Energizer/ game to split into groups

Common Clusters: Ask the group to mill about the room, singing “mingle, mingle, mingle...” Tell them when you yell out a number they are to form into a group with that number of people and find one “interesting” thing that they all have in common with each other. So if you yell out 5, they should form a group of 5 and find out one thing that all five people have in common. Play a few rounds and end the game by yelling out the number of 4 or 5. This last group should stay together for the next activity.

6) Small Group Discussion:

Questions:

Write the discussion questions on the board. In their groups, ask participants to discuss. After about 5 minutes go around the room and ask each group to share a few of their key points. Were there any themes in the answers? (Pick one's that are appropriate to your group or make your own! Start with a fun question to break the ice.)

- If you could be a piece of furniture, what would you be and why?
- What is beauty?
- How can we change society's perspective on beauty and healthy weight?
- What are some stereotypes of beauty and healthy weight?
- How do you think health and beauty affect your self-esteem?
- How do you think self-esteem affects beauty?
- Do you think weight affects boys more than girls?
- Do you think there is a difference between overweight and toned?
- How do you think society views overweight people? Skinny people?

7) Closing Key Points:

As a group, close the workshop with a discussion on healthy weight and body image. Share some of the important facts from below.

- Healthy weight is not your BMI (Body Mass Index), rather what is comfortable for your body type.
- Don't focus on the number, rather than on what is appropriate for your body. Muscle weighs more than fat.
- Obesity:
 - Everyone has a story –don't be quick to judge. There are many reasons as to why an individual may be obese, such as health issues, poor childhood habits, psychological issues etc. "It's harder to hide being obese than being anorexic."
- Skinny people have insecurities, as well as overweight people.
- Your weight is between you and your doctor – not the world.
- Talk about healthy weight loss, muscle gain, as well as weight gain.

IMPORTANT FACTS:

- You need 90 minutes of vigorous activity everyday! Motivate yourself! Get a group of friends to play ball or go for a walk!
- Approximately one in four boys is either overweight or obese and approximately one in six girls is either overweight or obese as determined from self-reported heights and weights.
- A significant proportion of overweight (24%) and obese (30%) youth report that they are doing something to lose weight.
- Only two-thirds of young people with the healthy weight feel that their body is about the right size. One-third of young people feel that they need to change when in reality, they don't.
 - A lot of people feel that they're not the right weight when they don't actually know what the right weight is.
 - Inform the students about healthy weight.

Closing words: **MOTIVATION AND INSPIRATION!**

- You are more than your weight and outer image. It's what inside that matters.
- Believe in yourself and be you!

8) Head, Heart, Feet, Spirit Closing Circle:

Head, heart, feet, spirit is a way to allow the students to share their feelings and evaluate their engagement throughout the workshop. Get students to sit in a circle and explain: Head, Heart, Feet and Spirit as reflection questions. Allow the students to pick one of these categories and answer the question. Go around the group clockwise.

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Head: What have I learned today?

Heart: How do I feel about today?

Feet: What will I do with what I learned?

Spirit: How did I connect today?

Finally, ask the group “will any of the information we discussed today make a difference in your life, or in the lives of your friends? If so, why?”

Remember to thank your participants for sharing.