

instructions to develop an openup Sender Receiver Individual body image chatterbox

1. Divide the class into separate discussion groups or discuss as a whole class. Look at body image from either a:-

sender's point of view

(person responsible for the action e.g. making comment about the receiver's body image either positive or negative).

receiver's point of view

(person at the receiving end of body image comments either positive or negative).

OR

individual's point of view

(wellbeing perspective).

In the example opposite students used this chatterbox in a class discussion of body image from an individual's point of view.

Each discussion group should complete the chatterbox from their groups point of view as the outcomes will be different from each group.

- **2.** On the provided blank chatterbox template record the outcomes of the class/group discussions as per these instructions.
- 3. In triangles marked 'a' describe the effect that body image may have on each of the numbered triangles. The words should reflect what may be the likely outcome of the influence/ relationship of body image on each numbered triangle.
- 4. Triangles marked 'b' should reflect a single outcome that may happen from a combination of both 'a' triangles. i.e. a+a=b
- 5. Fold & Fiddle & Discuss







