

IMAGE OBSESSED

BODY IMAGE / CULTURE / IDENTITY /
SELF-WORTH

If we were to take a look around us in the next 5 minutes, there would likely be something, somewhere, telling us how we should look. We're bombarded on the daily with hundreds and thousands of messages, telling us what we should eat, how we should dress, how we should exercise and what we should look like.

It's this constant bombardment of messages that has caused so many young people to struggle with their body image; struggling to find contentment with who they are and finding negative behaviours to get them closer to the 'ideal shape'.

Our culture has an obsession with body image; but is it possible to move away from the dominant beliefs of our culture and break the cycle of body image obsession? Is it possible to show young people that there's another way to think: another way to view ourselves and others?

In **Image Obsessed** we address the messages culture sends us about body image and its effects on young minds. We encourage young people that their worth rests on so much more than their image; their value to the world is so much bigger than their appearance.

We offer a new story for students to subscribe to; a new way of viewing ourselves and others, that values acceptance, love and kindness.

During the presentation, the team share personal stories and experiences of what has helped them in their life journey. Their hope in God is a large contributor to shaping their sense of self, and this is explained in a sensitive and non judgemental way.

Media, storytelling, conversation, and interactive activities are creative expressions of our message, and are used to make this experience educational, valuable and memorable.

To book a seminar contact Matt or Hannah at SMG on (08) 8378 6800 or email seminars@smg.asn.au

***Curriculum codes: ACPPS089, ACHCK065**

“ AN ENGAGING PRESENTATION
THAT ASKED STUDENTS TO
REFLECT ON THEIR OWN
PERCEPTIONS, TO ACTIVELY
RESPOND TO THEIR LEARNING,
AND MET THEM ON AN
AUTHENTIC LEVEL.

ISOBEL GREAR - ST JOHN'S GRAMMAR



WWW.SMG.ASN.AU