

Always Changing & Growing Up

Influences on Body Image Reflection

Purpose: This reflection helps you think about how different influences—especially social media and technology—can affect body image, feelings, and choices. There are no right or wrong answers. Answer honestly and thoughtfully.

Part 1: Understanding Body Image

1. In your own words, what does body image mean?

2. During puberty, bodies change in many different ways. Why do you think it's important to remember that everyone develops at their own pace?

Part 2: Media, Filters & AI

1. List two ways images or videos online might be edited, filtered, or changed by AI.

2. How can knowing about filters, AI influencers, or deepfakes help you think more critically about what you see online?

Part 3: Comparison & Algorithms

1. What is comparison culture, and how can it affect how people feel about their bodies?

2. Algorithms often show us similar content again and again. How might this shape what we think is "normal" or expected?

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Part 4: Identity Beyond Appearance

1. List three things that make you who you are that are NOT about appearance (for example: skills, interests, values, relationships)

2. How can focusing on what your body can do (instead of just how it looks) support a healthier body image?

Part 5: Online Boundaries, Safety & Support

1. What is one boundary you can set online to help protect your well-being or body image?

2. If you saw content online that made you feel uncomfortable, pressured, or confused, who is one trusted adult or support you could talk to?

Part 6: Personal Reflection

1. One thing I learned from this lesson that I want to remember is:

2. One healthy habit I could try when using social media is:

Remember: Your body is not a trend. Your worth is not decided by likes, filters, or comparison. You deserve respect, from others and from yourself.

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TO YOU BY



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