

21st Century Healthy Living Lesson

Grade: 8

Unit: Healthy Community

Driving Question: Who Decides What's Beautiful?

Curriculum Outcomes:

3.15 critically analyze industry's impact on body image and healthy eating

Expected Time:

2 – 60 minute classes

Resources:

- [Screencast](#)
- [PowerPoint](#) – file available for download at this site
- [Opening Pass](#)
- [Group handout](#)
- Class set of iPads, netbooks or computers. Could also use student's own devices if possible
- Class set of mirrors (maybe from Science) or have students use the selfie option on their phone cameras to view themselves.

Lesson Procedure

21st century skills

Teacher does (I Do):

**Before starting class, tell students that today we'll be looking at a sensitive topic and that the class is a safe space to reflect on things.

Open class with either the [PowerPoint](#) or [Screencast](#) to show what boys and girls are measuring themselves against and ask the question why – Why are we measuring ourselves against a societal ideal that in most cases does not exist? Have a class discussion on body image and where the students feel these messages come from.

- find, validate
- remember, understand
- collaborate, communicate
- analyze, synthesize
- critical thinking
- evaluate, leverage
- create, publish
- citizenship

Individual student work (You Do):

Give class the [opening pass](#) and a few minutes to write their answers. Remind them that you will be the only one reading them so be as open and honest as possible in their responses.

- find, validate
- remember, understand
- collaborate, communicate
- analyze, synthesize
- critical thinking

	<input checked="" type="checkbox"/> evaluate, leverage <input type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Group work (We Do):</p> <p>Have students work in groups of 2-3 on the group handout. They will be completing 4 tasks:</p> <ol style="list-style-type: none"> 1. Looking at a series of videos together and discussing whether awareness is enough to change society 2. Creating a mini public service announcement using audioBoom 3. Creating a collage centered on the idea of “Love Your Body, Not Theirs.” 4. Watching and discussing Chantelle Brown-Young’s Ted talk about finding beauty 	<input type="checkbox"/> find, validate <input checked="" type="checkbox"/> remember, understand <input checked="" type="checkbox"/> collaborate, communicate <input checked="" type="checkbox"/> analyze, synthesize <input checked="" type="checkbox"/> critical thinking <input type="checkbox"/> evaluate, leverage <input checked="" type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Class share (We Share):</p> <p>Have 2-3 collages shared with the class and have a discussion on the importance of striving for self-love and acceptance. It is fine to improve yourself through healthy eating and exercise, but following fad diets or extreme programs to change who you are will only result in mental, physical and emotional pain.</p>	<input type="checkbox"/> find, validate <input type="checkbox"/> remember, understand <input checked="" type="checkbox"/> collaborate, communicate <input type="checkbox"/> analyze, synthesize <input checked="" type="checkbox"/> critical thinking <input type="checkbox"/> evaluate, leverage <input type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Lesson Wrap Up:</p> <p>Give each student a mirror and tell them to look at themselves. Remind them that they are all beautiful. Don’t focus on the faults you think you see. Focus on the things you like about yourself. Remember that you are still growing into your adult body so any awkwardness you feel is a phase that will end sooner than later.</p>	
<p>Differentiation/Modification/Enrichment:</p> <ul style="list-style-type: none"> • Pair students who need support with stronger students 	
<p>Assessment:</p> <p>Record opening pass in Power School for completion as a formative assessment and record group work using a 1-4 scale based on content.</p>	
<p>Teacher Reflection:</p>	