



APPLYING THE GOLDEN RULE TO BODY IMAGE

THIS VIDEO LOOKS AT BODY IMAGE AND THE CONCERNS TEENS HAVE ABOUT HOW THEY ARE LOOKED AT OR PERCEIVED TO BE. THE LIVE GOLDEN TEAM EXPLORES WHAT BODY IMAGE IS AND HOW IT AFFECTS TEENS. INTERVIEWEES DISCUSS THIS COMPLEX ISSUE AND HELP US REALIZE THAT IT IS A COMMON STRUGGLE. SOME SUGGESTIONS INCLUDE LIMITING SOCIAL MEDIA AND ONLY SAYING THINGS ABOUT OTHERS THAT YOU WOULD WANT SAID TO YOU. ADDITIONALLY, WHAT YOU SEE ISN'T ALWAYS WHO SOMEONE IS.

Live Golden Class Discussion Outline:

1. Watch Video as a class.
2. Ask Class Discussion Questions.
3. Utilize Civil Discussion practices in class conversation.
 - a. One person speaks at a time.
 - b. Practice kindness, empathy, respect, and civility.
 - c. Don't say anything you wouldn't want said to you.
4. Re-cap student comments and create your own class Live Golden resolve.

Class Discussion Questions:

- o What does body image mean?
- o What affects teenagers' perception of their bodies?
- o How can the Golden Rule be applied to body image?

Live Golden Resolve:

As a result of this Live Golden discussion, our class will strive to:
