



BODY IMAGE AND SELF-EXPRESSION

Learning Objectives and Curriculum Links: England (Secondary)

This guide provides learning objectives and curriculum links for teachers using the toolkit in England. It should be used in association with Activity Guide 5: Body Image and Self-Expression, which provides background information and prompts for further discussion around the *Bodies, Hearts and Minds* toolkit activities ‘What Does a “Healthy Body” Look Like?’, ‘Prim ‘N Poppin’, ‘Models Depress Me’, ‘Stereotypes, Schools, and Hair’, ‘What Do Fashion and Beauty Mean to You?’, and ‘Make Your Own Health and Beauty Time Capsule’.

Separate guides with learning objectives and curriculum links are available for teachers of topics related to personal, social, health, and wellbeing education in Wales (5.2), Scotland (5.3), and Northern Ireland (5.4) on the [Body, Self, and Family website](#).

LEARNING OBJECTIVES

- ✚ To be able to explain the difference between “health” and “beauty” (lower ability)
- ✚ To understand how and why ideas of “health” and “beauty” have been linked in the past (higher ability)

- ✚ To be able to identify stereotypes relating to health and beauty (lower ability)
- ✚ To assess the influence of stereotypes relating to health and beauty on people (higher ability)

- ✚ To understand that style choices often reflect people’s self-perception and identity (lower ability)
- ✚ To assess how and why style choices can improve emotional and psychological wellbeing (higher ability)

HOW DOES THIS ACTIVITY LINK TO THE CURRICULUM?

Relationships and sex education (RSE) and health education (England): Physical health and mental wellbeing

The content under each heading specifies what pupils should know:

Internet safety and harms	Physical health and fitness
The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how advertising and information is targeted at them and how to be a discerning consumer of information online.	The positive associations between physical activity and promotion of mental wellbeing.