



BODY IMAGE AND SELF-EXPRESSION

Learning Objectives and Curriculum Links: Scotland (Levels 3 & 4)

This guide provides learning objectives and curriculum links for teachers using the toolkit in Scotland. 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 England (5.1), Wales (5.2), 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?

Health and Wellbeing (Personal and Social Education) (Scotland)

	Third Level	Fourth Level
Relationships, sexual health and parenthood: physical changes	I understand my own body's uniqueness, my developing sexuality, and that of others. (HWB 3-47a)	I understand my own body's uniqueness, my developing sexuality, and that of others. (HWB 4-47a) I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. (HWB 4-46b)
Relationships, sexual health and parenthood: sexual health and sexuality	I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. (HWB 3-46b)	