

# Decision Making, Choices, and Body Image

Understanding how to be positive and informed about ourselves and others



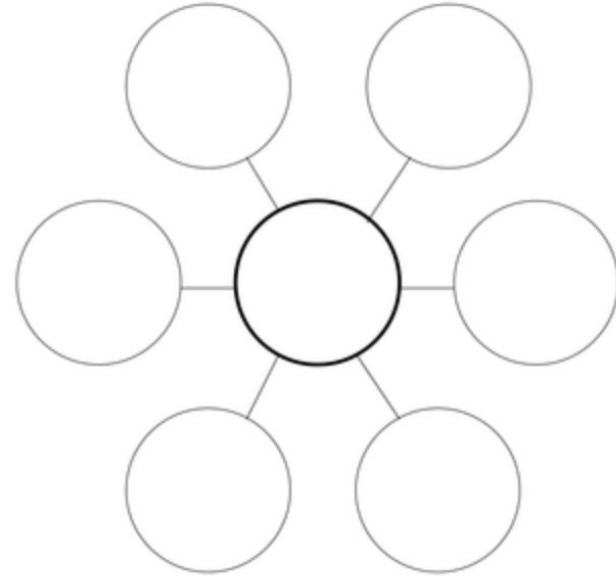
# The Art of You: We are All Unique

- 1) Write your name in the middle circle.
- 2) Write/draw pictures in the outlying circles that show what makes you who you are.

Some categories you may want to think about:

- Family
- Friends
- Culture
- Language
- Beliefs
- Values
- Interests
- Sports/Hobbies/Clubs/Activities

- 3) Choose at least 2 things about you to share with a partner.



# Essential Question

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- How can I have a positive self-image?
- How can I be inclusive of others and their differences?

**If you need resources or support for your sexual health...**

- **Talk to a parent/guardian or other trusted adult**
- **Call 2-1-1**
- **Visit [211sandiego.org](https://211sandiego.org)**

# Learning Intentions

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- I can honor the things that make me who I am and what makes others who they are.
- I can understand what influences me as I grow up and the impacts on my sexual health.
- I can identify ways to have a positive self-image while making healthy decisions.

# Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

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What makes me. . . me?

# What is Identity?

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- **Identity** is the qualities, beliefs, personality traits, appearance, and/or expressions that characterize a person or a group.
- We begin to understand our identity during childhood and start to have what is called a **self-image** (sometimes called **self-concept**).
- As you grow up, you may discover and learn things about yourself that shape your identity as a person.

# Personal Identity and Human Sexuality



Human beings are extremely complex and there are many different things that make us who we are. In the “Art of You” activity we focused on influences such as our family, our interests, and our culture.

In this lesson we will focus on the parts of our identity as they relate to our sexual health and sexuality.

It’s important to understand that many factors influence our sexuality as human beings including:

- Our physical body
- Our mind and our emotions
- Our culture and society
- Our beliefs and values
- Our genetics



# Know Your Terms



**Disability** A condition that interferes with a person's ability to do certain things

**Gender** Refers to a person's biological sex, female (XX chromosomes), and male (XY chromosomes)

**Gender Identity** A person's internal sense of being male, female, a combination of male and female, or neither male nor female

**Gender Expression** The way people convey their gender through mannerisms, behaviors, or expressions

**Nationality** Membership in a particular nation

**Race or Ethnicity** A group of people with a common racial, national, tribal, religious, linguistic, or cultural origin or background

**Religion** A person's set or system of religious faith, attitudes, beliefs, and practices

**Sexual orientation** Refers to a person's sexual identity



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How can I be respectful of other people's identities?

# Making Others Feel Welcome



The way each of us identifies is extremely important and personal.

Part of being inclusive while at Cajon Valley, and in the future, is to recognize and respect diversity, to make sure we include everyone.

No one should ever to be made to feel unsafe, uncomfortable, or excluded because of their:

- Disability
- Gender
- Gender identity
- Gender expression
- Nationality
- Race or ethnicity
- Religion
- Sexual orientation



## Ways to Show You Can Be Inclusive

With your group, brainstorm ways you can show that you are a leader and can make others feel included at school.

Remember that you might have different beliefs, but can at the same time recognize and respect diversity.

Be sure to list ideas about how to communicate to a trusted adult if you become aware of a classmate being bullied or harassed.

Share your group's brainstorm with the class.

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What are some ways to have a positive self-image?

# What Does It Mean to Have a Positive Self-Image?



When a person has a positive self-image, they ...

- Feel good when they think about themselves.
- Understand that during puberty, everyone develops at different rates and in different ways.
- Are proud of their identity.
- Don't base their opinion of themselves on negative comparisons with others.
- Don't let others pressure them into actions that don't feel right for them.
- Rely on a growth mindset and see mistakes as opportunities for learning, rather than failure.
- Practice self-acceptance and extend that same kindness to others.

# Understanding Influences on our Self-Image

## Media

The images we see in ads, movies, TV, and online send a message about how our bodies should look and how we should feel. These messages are not always positive or inclusive of all identities.

## Culture

Our beliefs, traditions, and customs in our culture have a very big impact on our personal identity. Fitting in with our culture may make us proud, but it can also make us feel a lot of stress and pressure.

## Family

Like our culture, our family has a big impact on our self-image. Every family has their own unique set of beliefs, traditions, and customs that can influence our self-image as we grow up.

## You and Your Peers

Peers can positively or negatively influence the self-images of the people around them. When you think of how your peers impact your self-image (with their actions or comments), also remember that the things you do or say can impact how others perceive themselves.

Like other types of media, social media can send messages to us about our self-image that can be positive or negative. Sometimes people on social media say hurtful things that they would never say in person.

## Adults

Other adults, such as teachers and coaches, can play a role in the development of our self-image. It is important to have adults we can look up to who are positive and supportive role models.

**Work with a partner to think of examples for these different types of influences on self-image.**



# What are some facts about teens and negative self-image?

When you have a negative self-image you are more likely to:

- Want to skip activities you normally might enjoy.
- Experience depression .
- Take part in sexual activities you might regret later.
- Use risky supplements and even steroids to unhealthily try to build muscle.
- Engage in negative activities like cutting, bullying, smoking, or drinking.
- Develop eating disorders.



**If you need resources or support for your sexual health...**

- **Talk to a parent/guardian or other trusted adult**
- **Call 2-1-1**
- **Visit [211sandiego.org](https://211sandiego.org)**





# Best Practices for Having a Positive Self Image

- Be aware that people in the media are often trying to sell a product to you and may try to use our **feelings about our self-image** to encourage you to spend money on their products.
- **Remember that your body, your heart, and your mind are unique and amazing.** There is no one else like you on the entire planet.
- Take care of your overall health by eating **nutritious foods, exercising and getting plenty of sleep.**
- Identify the **trusted adults** you can talk to when you are struggling.

If you need resources or support for your sexual health...

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# Best Practices for Having a Positive Self Image

- Identify **positive adult role models** you can learn from.
- Take time to **celebrate and reflect on your successes** (both in and out of school).
- Look at challenges as **opportunities to learn** important life lessons that will help you grow up to be a successful adult.
- **Speak kindly and encouragingly** to yourself (the way you would to a friend).
- Understand that images you see in **photos and videos are often manipulated** to create a certain impression that may not reflect how a person appears in real life.

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
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## Best Practices for a Positive Self-Image

Place a checkmark ( ✓ ) next to each one you feel you are good at, and a (+) next to each one you'd like to get better at.

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Identifying positive adult role models you can learn from.</li><li><input type="checkbox"/> Taking time to celebrate and reflect on your successes (both in and out of school).</li><li><input type="checkbox"/> Looking at challenges as opportunities to learn important life lessons that will help you grow up to be a successful adult.</li><li><input type="checkbox"/> Speaking kindly and encouragingly to yourself (the way you would to a friend).</li><li><input type="checkbox"/> Understanding that images you see in photos and videos are often manipulated to create a certain impression that may not reflect how a person appears in real life.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Being aware that people in the media are often trying to sell a product to you and may try to use our feelings about our self-image to encourage you to spend money on their products.</li><li><input type="checkbox"/> Remembering that your body, your heart, and your mind are unique and amazing. There is no one else like you on the entire planet.</li><li><input type="checkbox"/> Taking care of your overall health by eating nutritious foods, exercising and getting plenty of sleep.</li><li><input type="checkbox"/> Identifying the trusted adults you can talk to when you are struggling.</li></ul> |
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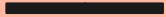
Exit Slip

## Exit Slip

- Write a positive, encouraging note to yourself that you can look at each day
- Be sure to place it somewhere you will see it and be inspired (such as your mirror, locker, or on your folder)



# At Home Connection





## At Home

With a parent/guardian or other trusted adult:

Option 1: Ask them to share ways to have a positive self-image.

Option 2: Ask them about messages they received growing up that affected their self-image and how they think about them now as an adult.

Option 3: Review images in the media/social media to discuss the messages they're sending to young people about their bodies or identity.

# Sources



[Talk to Your Kids About Sex and Healthy Relationships - MyHealthfinder | health.gov](#)

[Sex, Gender, and Sexuality | National Institutes of Health \(NIH\)](#)

[Self-Esteem and Media Influences - Yes](#)

[Talking to kids about advertising | National Geographic](#)

[The Media And Body Image - How It Impacts Your Self-Esteem | BetterHelp](#)

[Low Self-Esteem in Adolescents: What Are the Root Causes? | Psychology Today](#)