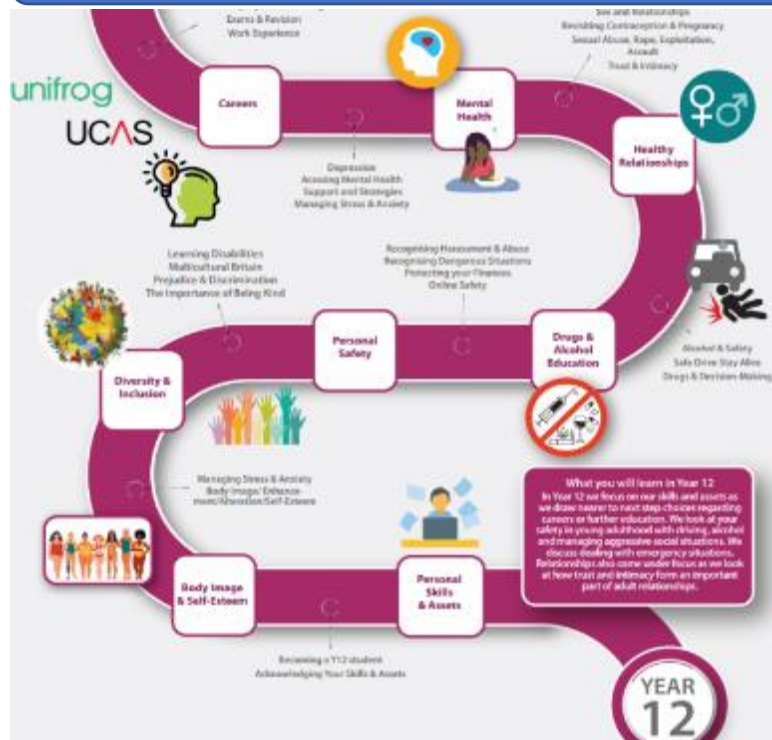


Y12 RSHE Theme: Self-actualization



Learning objectives:

- Know why people choose to undergo body enhancement procedures
- Explain the impact that the media has on people's body image, self-esteem, and desire to undergo a body enhancement procedure
- State important considerations to make before deciding to have a body enhancement procedure

Title for last lesson: Owning a Car

Title for this lesson: Body Enhancement

Starter activity: What do you understand by the term Body Enhancements? What is your opinion on these?

Reading: Atomic Habits – James Clear



The 6 Rs:

- Resilience
- Responsibility



Career/Future You:

- Teaching, youth work, social work
- Counselling, healthcare roles
- Writer, journalist, artist, musician
- Graphic design, film, performing arts, architecture, creative tech (game design, animation)

Key words:

Strengths, assets, skills, self-efficacy, limitations, limiting beliefs



RSHE Ground Rules

- Everyone has the right to be heard and **respected**.
- We will use **language** that won't offend or upset other people.
- We will use the correct **terms**, and if we don't know them, we'll ask the teacher.
- We will **reflect** on what was said, not the person who said it.
- We won't share our own, or our friends', personal experiences.
- We won't put anyone on the spot and we have a right to pass.
- We won't judge or make assumptions about anyone.

What is body enhancement? (5 mins)

'Body enhancement' is any procedure that changes your appearance for aesthetic reasons. You choose it because you like the way it looks, not for a medical reason.



Why do people choose to have body enhancement procedures?

Make a list of as many possible reasons as you can.

An insight into body enhancement in the UK (5 mins)

Complete the statements about cosmetic surgery and tattoos by filling in the gaps.

a) The most common cosmetic surgery procedure is _____.

b) The second most common cosmetic surgery procedure is _____.

c) _____% of people have at least one tattoo (any location).

d) _____% of people have at least one **visible** tattoo (head, face, neck, forearms, wrists, or hands).

e) _____% of people feel positively about tattoos in general.

An insight into body enhancement in the UK

How many did you get correct? Do any of these statistics surprise you?

a) The most common cosmetic surgery procedure is **breast augmentation**.

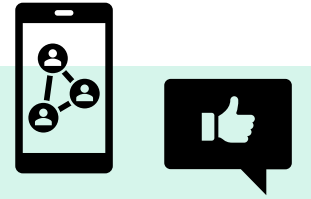
b) The second most common cosmetic surgery procedure is **breast reduction**.

c) **26%** of people have at least one tattoo (any location).

d) **11%** of people have at least one **visible** tattoo (head, face, neck, forearms, wrists, or hands).

e) **30%** of people feel positively about tattoos in general.

The media and body image (15 mins)



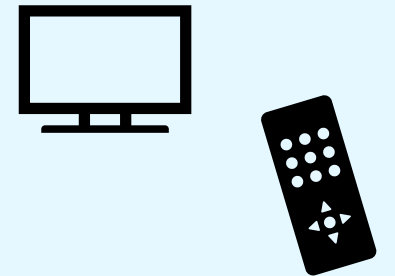
In a study of female UK university students...

- The more they used **social media**, the more desire they had to have cosmetic surgery.
- The more exposure to **images of women who had undergone cosmetic surgery**, the more desire they had to have cosmetic surgery themselves.

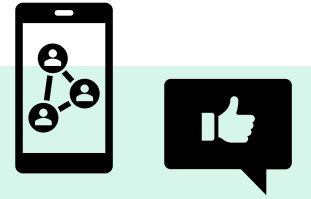
Read the research findings above, and make a prediction for the next research finding:

After the introduction of **television** in Fiji...

Disordered eating amongst adolescent females rose from 13% to _____



The media and body image



In a study of female UK university students...

- The more they used **social media**, the more desire they had to have cosmetic surgery.
- The more exposure to **images of women who had undergone cosmetic surgery**, the more desire they had to have cosmetic surgery themselves.

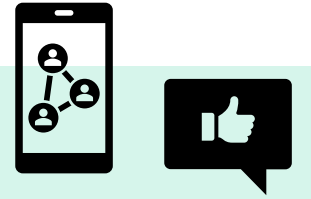
Read the research findings above, and make a prediction for the next research finding:

In a UK survey of 13- to 19-year-olds...



___% of people said that celebrities have caused them to worry about their body image.

The media and body image



In a study of female UK university students...

- The more they used **social media**, the more desire they had to have cosmetic surgery.
- The more exposure to **images of women who had undergone cosmetic surgery**, the more desire they had to have cosmetic surgery themselves.

Read the research findings above, and make a prediction for the next research finding:

In a US survey of 10- to 18-year-old females...



____% of people said that images in magazines have influenced their ideas about the ideal body weight.

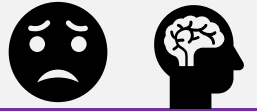
The media and body image

Discuss the following questions:

1. What is the **'ideal' body** that is presented to us in the media like?



2. How could this impact someone's **body image and self-esteem**?



3. How could this lead someone to want to have a **body enhancement** procedure?



4. How could someone **manage** the pressure they feel from the media?



Video

Watch [this video](#) (10 mins approx.) which shows men discussing body image (YouTube link also below in notes).

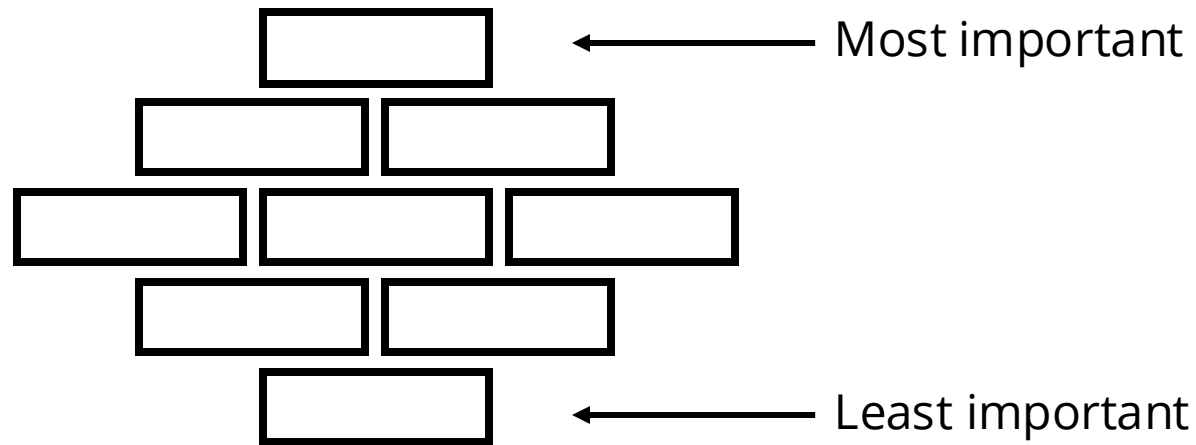
What misconceptions about masculinity / appearance came up? How might this apply to people of all genders?

Considerations before enhancement (10 mins)

There are lots of different things someone might want to think about before they undergo a body enhancement procedure, including the **long-term consequences**.

Draw a diamond of nine boxes like the example below to prepare for the next activity.

You'll only need to write one letter in each box!



Considerations before enhancement

Imagine you're researching procedures to make you look like your favourite celebrity. Sort the following factors to consider from **most** to **least** important in your diamond.



a. How will this procedure impact my mental health?

b. What are the initial costs? Can I afford this?



c. Are there correction treatments available if I'm not happy with the result?



d. How long will the results of the procedure last? Will the results deteriorate?

e. Will there be any follow-up procedures, and can I afford them?

f. Will I need time off work or education to recover?



g. Do I have evidence the practitioner is licensed and legally allowed to perform the procedure?

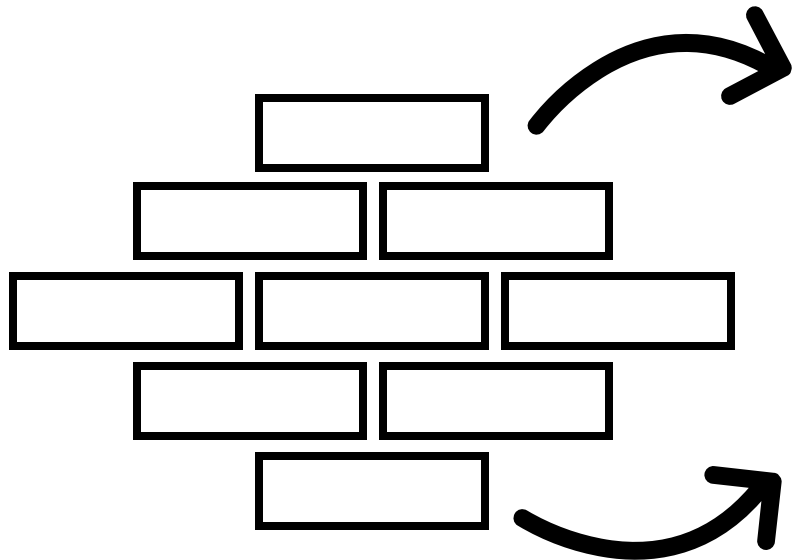
h. What could the impact be on my long-term physical health?



i. How will the procedure interact with my existing health conditions?

Considerations before enhancement

You should have a completed diamond displaying the example nine considerations.



Which did you rate as most important and why?

Write at least one sentence to justify your decision.

Which did you rate as least important and why?

Write at least one sentence to justify your decision.

*Why might people have **different** considerations that they value as most important?*

Decisions, decisions (15 mins)

Read Lisa's scenario and answer the questions:

Lisa wants to have a breast enlargement procedure. She has just turned the minimum legal age required for the surgery in the country she lives in. Lisa often feels self-conscious about her body shape and wears oversized baggy clothes to try to hide her figure. Lisa thinks that after the surgery, she'll feel more confident to wear more varied clothes to express herself.



1. What factors may have contributed to Lisa wanting a breast enlargement procedure?



2. What could be the advantages of Lisa having the procedure?

3. What could be the disadvantages of Lisa having the procedure?



Decisions, decisions

Read Mo's scenario and answer the questions:

Mo's friend Kris is considering being a tattoo artist as a potential career and he's purchased a tattoo machine online. Kris is a talented illustrator, but he hasn't used a tattoo machine before. Kris has asked if he can practice on Mo. Mo finds an image of his favourite band's logo and asks if Kris thinks he'd be able to replicate it.



1. What factors may have contributed to Mo wanting the tattoo?



2. What could be the advantages of Mo having the tattoo?

3. What could be the disadvantages of Mo having the tattoo?



Independent learning

It can be difficult to know which information you can trust online.

The **Know-how library** is a reliable source of information about this topic and lots of others.

Search by the keyword 'body image' in the Know-how library to find guides on this topic. Remember to favourite guides you'd like to come back to later!



Understanding body image



How to look after the relationship you have with your body

[Read the guide >](#)



Understanding BDD



What it is and how to get help

[Read the guide >](#)

Age restrictions: your opinion (10 mins)



The minimum age at which you can have body enhancement procedures will vary depending on where you live. For some procedures, there may be no age restrictions.

'You should be at least **18** years of age before you can consent to body enhancement procedures like tattoos, piercings, and cosmetic surgery.'

Write down:

1. One reason someone might **agree** with this.
2. One reason someone might **disagree** with this.
3. **Your** level of agreement with the statement (1-10).



Organisations that help with body image

Searching 'body image advice' in your internet browser will bring up helpful resources and guide you with the first step in finding support.

- **Young Minds** (information about body image) - youngminds.org.uk/young-person/coping-with-life/body-image
- **Childline** (free confidential support for all issues, including body image) - childline.org.uk
- **The Mix** (support for under 25s) - themix.org.uk/your-body
- **Be Real** (body confidence campaign) - berealcampaign.co.uk
- **NEDA** (US advice for body image and eating disorders) - nationaleatingdisorders.org
- **Body Dysmorphic Disorder Foundation** (online support groups) - bddfoundation.org
- **Body Image Movement** (Australian based global body image campaign) - bodyimagemovement.com
- **Global Women Connected** (education about all aspects of women's health, including body image) - globalwomenconnected.com/wellbeing/body-image

Teacher's slide

Key lesson information



Location	Classroom with no student access to internet
Recommended time	60 minutes
Objectives	By the end of the session, students should be able to: • Give examples of reasons why people choose to undergo body enhancement procedures • Explain the impact that the media has on people's body image, self-esteem, and desire to undergo a body enhancement procedure • State important considerations to make before deciding to have a body enhancement procedure
Main student tasks	1. List reasons why people choose to undergo body enhancement 2. Review statistics about the role of the media, body image, and body enhancement 3. Answer questions relating to the impact of the media on body image 4. Create a 'diamond 9' rank of different factors to consider before undergoing a body enhancement procedure 5. Review scenarios to identify pros and cons of procedures 6. Debate the minimum age required for body enhancements
Keywords	Body enhancement, body image, cosmetic surgery, media



Know-how library



Know-how library	Open the 'student side' of your Unifrog account and click these links: 'Understanding body image' 'Understanding BDD' Students can also search for these guides using the Know-how library tool.
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Tracking progress on Unifrog



Add as an Interaction	Click Advanced view>Sort by school leaving year>[filter for specific students]>+interaction.
Track on Charts	Click Usage charts>Customise and filter> 'Know-how library: Favouriting over time'.
Tracking individual students	Advanced view>Sort by>Library profiles in Favourites

Benchmarks and standards



PSHE Association	Health-related decisions
CASEL 5	Responsible decision-making
ISCA	PS:A1.1, PS:A2.3, PS:C1.7
Skills	Attention to detail/observation, Caring, Confidence, Critical thinking, Digital literacy

Teacher's slide – guidance on body enhancement

This lesson covers the topics of body image and body enhancement. This slide gives a brief guide for teachers for handling these topics sensitively.

Talk to your school or college's mental health, wellbeing, pastoral, or safeguarding lead before delivering the lesson. This will flag to them that there may be students in your class seeking further help for body image related issues after your lesson. They should also provide you with support and guidance for covering sensitive issues.

Use ground rules for classroom discussions. This will help keep the discussion respectful. An example of a ground rule might be to remain honest and open, but to not directly discuss your own personal experiences or the private lives of others (i.e. leave out names and identifying descriptions from examples).

Encourage students to contribute, but allow them the right to pass on a question or activity. Students might feel uncomfortable discussing certain issues, so never force anyone to share or contribute.

Be aware that this lesson may lead to a discussion of self-harm and eating disorders. These are highly sensitive topics and may be distressing for some students in your class. Warn students well in advance of the lesson that body image will be covered, and give them the option to withdraw from the lesson.

Guidance and laws relating to body enhancement will vary depending on location. All independent hospitals and clinics that provide cosmetic surgery in England must be registered with the Care Quality Commission (CQC). Check the hospital or clinic is registered with the CQC, or ask them to show you the certificate. Only registered doctors can perform cosmetic surgery in England. You should check if someone is a registered doctor or surgeon on the General Medical Council online register. The UK NHS website or the US FDA and Health Department's websites are helpful places to start if you're researching a particular product or procedure online. Procedures and registers in other countries will vary.

In the UK, cosmetic surgery is not routinely provided on the NHS. This lesson focuses on body enhancement: any procedure that changes your appearance purely for aesthetic reasons (i.e. because you like the way it looks, not for a medical reason.) Generally, people who want body enhancement surgery will need to pay for it privately. In the UK, cosmetic surgery may occasionally be provided by the NHS for psychological or other health reasons, such as breast implants if you have very uneven breasts or no breasts, and this is causing significant psychological distress. Reconstructive or plastic surgery is often available on the NHS – this is surgery to repair and reconstruct missing or damaged tissue and skin after illnesses, accidents, or birth defects, which is different to body enhancement surgery.

Be sensitive to cultural and religious reasons behind body enhancement. For example, in certain Asian and African cultures, women (and some men) will wear a heavy piece of jewellery to push the collar bone and rib cage down, creating the appearance of a longer neck in order to be considered more beautiful.

Teacher's slide – FAQs

Students may have additional questions after completing this lesson. This page is intended to give you answers to questions that aren't covered in the main lesson.

What counts as body enhancement? Body enhancement is any procedure that modifies your appearance purely for aesthetic reasons (i.e. because you like the way it looks, not for a medical reason.) Body enhancement can include anything from ear piercings to cosmetic surgery.

Is body enhancement dangerous? Each procedure has its own risks depending on its intensity, (i.e. will you have to go under general anaesthetic?) your own medical history, and the qualifications and experience of the person performing the procedure. The truth is we simply don't know what the risks are yet for a lot of procedures. Just because a procedure is common, it doesn't mean we can assume it is safe.

For example, breast implants are a popular procedure, but the Food and Drugs Administration in the US estimates that just 11 years after their surgery, the majority of women with breast implants had at least one broken implant (which can cause serious health risks). The implants that are currently widely used in cosmetic surgery are a recent invention; we don't know how they will be impacting our bodies in 30 years time. This is not to say that all body enhancement is negative. But whatever you choose, you need to be fully aware of the risks involved before you make your decision.

How can I make sure a procedure I want is safe? Always book a consultation with the person who will do the procedure before making your final decision. Ask them:

- How many of these procedures they've done
- What qualifications and training they have
- If they're a member of a relevant professional association that shows they meet set standards in training and skill
- About the most common complications of the procedure
- What aftercare you can expect and who will look after you
- What to do if something goes wrong or you're not happy with the result
- How much it'll cost, and if it'll cost extra to have further treatment if needed

How can I tell if the person performing the procedure is qualified? All independent hospitals and clinics that provide cosmetic surgery in England must be registered with the Care Quality Commission (CQC). Check the hospital or clinic is registered with the CQC, or ask them to show you the certificate. Only registered doctors can perform cosmetic surgery in England. You should check if someone is a registered doctor or surgeon on the General Medical Council online register. The UK NHS website or the US FDA and Health Department's websites are helpful places to start if you're researching a particular product or procedure online. Procedures and registers in other countries will vary.

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