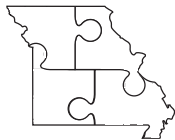


Ice Breaker

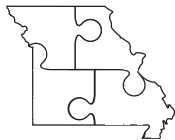
If you had a theme song,
what would it be? Why?



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Ice Breaker

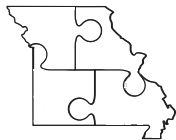
List three things that you like about yourself.



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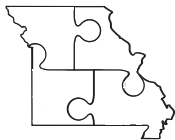
What do you think a healthy body looks like?



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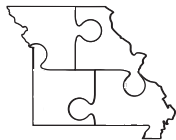
What is healthy
about your body?



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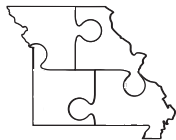
How does what you see in the media/ads make you feel about your body?



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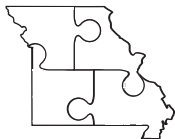
Is it realistic to compare bodies in the media to people in your everyday life?



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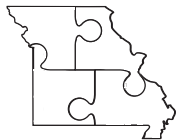
What would your friends say are your best features?
(physical or otherwise)



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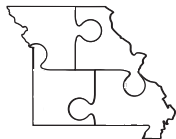
Do you agree with your friends?
Would you add to or take away
anything from that list?



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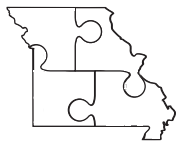
What does “body image” mean to you?



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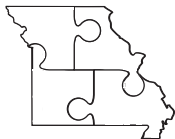
What can positively and negatively influence a person's body image?



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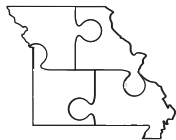
What would the world look like if we all looked the same?



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How do differences
affect the world?



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