

# Spot the Difference

Label the body to describe which features stand out and why:



e.g. thin waist

Label the body. Circle any differences you see and describe how it is different to the first image:



# Spot the Difference

Label the body to describe which features stand out and why:



e.g. muscly arms

Label the body. Circle any differences you see and describe how it is different to the first image:



# A Day in the Life

Pick one of the moments you have identified in your boy's day.

Use the questions on the presentation to help you think about how the boy would respond to the media or advertising he sees at your chosen moment.

## Talk about it

In small groups of two or three, try scripting and then role playing a conversation based on the situation. Each of you need to take on a different role, such as a friend, teacher, sibling or parent. Remember that you are not playing yourself or people you know – the people involved are all fictional.

Use these conversation starters to explore different methods of support:

Try using open questions to encourage them to speak up: <ul style="list-style-type: none"><li>e.g. "How do boys your age feel about ..."</li></ul>	Remember that the images you see in media and advertising might not be natural: <ul style="list-style-type: none"><li>e.g. "Did you know that..."</li></ul>
Remind them that adverts all have a purpose: <ul style="list-style-type: none"><li>e.g. "Why do you think they have made that ad/ image ..."</li></ul>	Encourage them to think about the alternatives: <ul style="list-style-type: none"><li>e.g. "What would you like to see ..."</li></ul>
Remind them of their skills rather than focusing on looks: <ul style="list-style-type: none"><li>e.g. "I think you're really good at ..."</li></ul>	Reassure them that they are not alone: <ul style="list-style-type: none"><li>e.g. "It's normal to feel like this ..."</li></ul>

If you have time, try switching roles or choosing a different scenario to role play in the same way.

Can you create your own conversation starters? How else could you support a boy your age?

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**Challenge:** Which conversation starters did you think were the most successful?

- What was effective about this response?
- How did it help your character to open up in the role play?
- How might you adapt this response for a different situation, or a different character?
- Can you rank the conversation starters/techniques you have used from the most to least effective?