

First Impressions Activity Sheet



1. Try to think of a person...

- whose body shape or size really doesn't fit the ideal media image, and
- whom you like or admire now but when you met or first saw him/her, somehow he/she seemed to lack appeal. Maybe you thought this person didn't have much to offer or maybe you just didn't want to get to know him/her.

This could be someone in your personal or professional life or a well-known figure.

2. "Name That Person" Activity: *Who are these people?*

Person	Your Response	Correct Answer
A		
B		
C		
D		
E		
F		
G		
H		
I		

3. Countering Prejudice:

A. Example of a person misjudged initially on the basis of body size or shape (no names of family and friends – just descriptions):

B. Examples of negative statements that could or have been made about this individual:

C. Examples of responses to counter negative statements:

D. If you feel that you can do so, take the pledge:

I promise to speak up in defense of individuals or groups who are being teased or criticized on the basis of their appearance, including body size or shape.

Thank you!



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