



UNIVERSITY
OF WYOMING
Cooperative Extension Service
Family & Consumer Sciences



First Impressions Lesson Plan

Learner Objectives

As a result of this presentation, participants will:

- ◆ Appreciate that first impressions based on a person's outward appearance – including body or shape – can be very misleading.
- ◆ Gain skills to counter impressions and prejudice on a person's body size or shape.

What You Need

- ◆ Handouts
 - "First Impressions"
 - Participant evaluation form
- ◆ *Small Victories* CD with "First Impressions" presentation (PowerPoint)
- ◆ Laptop computer (with CD drive) and multimedia projector
- ◆ Pencils or pens
- ◆ Flipchart paper and marker
- ◆ Optional
 - Small prize(s) for "Name That Person" winner(s)

Remember

Insert your information on the presentation title slide before teaching the lesson.

Time	Content / Suggestions	Learning Reinforcer
5 min.	<p><u>Introduce the lesson:</u> <i>This is a group activity focused on how we judge people when we see them for the first time.</i></p> <p>Distribute handout. <i>Think about question #1 – a person you like or admire now but whose body shape/size really doesn't fit the ideal image in media or society and who didn't seem appealing when you first met or saw him/her. Write the name down or keep it in your head. This individual could be a friend or family member or a well-known figure in the news or on TV or in the movies. We'll come back to this in a</i></p>	<p><u>Handout:</u> "First Impressions"</p>

<p><i>loves shoes.</i></p> <p><i>Person F is a man, 5'6". He was balding and, as one person described him, "rotund." He had a bulbous nose and often walked with a cane.</i></p> <p><i>Person G is a man. He has ears that look too large for his head, and his eyes droop. His hair doesn't have much gray, and he is very small.</i></p> <p><i>Person H is a woman. She dresses stylishly, but she's heavy, fairly short, and somewhat wrinkled.</i></p> <p><i>Person I was a man, 5'10". He weighed 140 pounds, had blue eyes, and was often described as handsome.</i></p> <p>Discuss the answer to each question, using the italicized information below and the following common stereotypes related to appearance, including body size and shape:</p> <ul style="list-style-type: none"> ▪ small = powerless ▪ heavy = lazy ▪ handsome/beautiful = happy, good ▪ wrinkled = old, not worth listening to ▪ other stereotypes generated by the group? <p><u>Optional:</u> Time permitting, the group can develop the above list in a short brainstorming session.</p> <p><i>Who is...</i></p> <p><i>A = Abraham Lincoln – Even though he was often described as gawky, homely, and grotesque, he was one of our greatest presidents and a remarkable human being.</i></p> <p><i>B = Mother Teresa – Described as “one of the world’s most celebrated and beloved humanitarians. When she died in 1997, at the age of 87, her possessions were a pair of shoes, a wash bucket, a Bible, and 3 saris worth about \$1.50 each. She championed the dying in the worst slums of Calcutta. She built more than 550 hospices in 120 countries to make the end of life easier for those for whom living has been so hard. Winner of the Nobel Peace Prize in 1979, hard work and time bent her already small frame to just over 4 feet tall, but she is one of the giants of the century.”</i></p> <p><i>C = Adolph Hitler – Although moderate in his physical</i></p>	<p>Slide #7: F's Characteristics and photo</p> <p>Slide # 8: G's Characteristics and photo</p> <p>Slide #9: H's Characteristics and photo</p> <p>Slide #10: I's Characteristics and photo</p> <p>Slide #11: Stereotypes</p> <p><u>Optional:</u> Stereotypes listed on flipchart paper</p> <p>Slide #12: Who is A?</p> <p>Slide #13: Lincoln</p> <p>Slide #14: Who is B?</p> <p>Slide #15: Mother Teresa</p> <p>Slide #16: Who is</p>
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<p><i>appearance, Hitler was one of the most cruel and ruthless people ever to have lived, responsible for the torture and destruction of over 6 million people in death camps and the deaths of millions more as a result of World War II.</i></p> <p><i>D = Louis Armstrong – one of the all-time great jazz musicians, and some would say <u>the</u> greatest. As noted by one biographer, “Armstrong defined what it was to play Jazz. His amazing technical abilities, joy and spontaneity, and remarkably quick, inventive musical mind still dominate Jazz to this day.”</i></p> <p><i>E = Imelda Marcos, wife and confidante of Philippine dictator, Ferdinand Marcos, was chosen Miss Manila in the early 1950’s. “The Marcos regime was marked by corruption, political repression, and gross financial shenanigans. The Marcoses were finally deposed and fled to Hawaii. After her husband died in 1989, Imelda returned to the Philippines. Later she was arrested and charged with corruption and amassing wealth during her husband’s regime.” She is credited with saying, “Doesn’t the fight for survival justify swindle and theft? In self-defense, anything goes.”</i></p> <p><i>F = Sir Winston Churchill – He <u>was</u> rotund in much of his adult life, but he has been recognized – more than anyone else – as “saving the world from Hitler. In the summer of 1940, it was above all thanks to him that Britain did not surrender in the face of Hitler’s onslaught. Had that come about (and the possibility seemed very close at hand), the U.S. could not have launched a D-Day invasion from American shores, 3,000 miles across the Atlantic, and we would all be living in a very different world, dominated by the heirs of the Nazis.” “Churchill mobilized the English language and sent it into battle.”</i></p> <p><i>G = Stephen Hawking – suffers from a devastating neurological disease, but he is one of the foremost mathematicians and theoretical physicists in the world today. He is able to move only in minor ways, for example, eye and finger movements, and he speaks through a synthesizer.</i></p> <p><i>H = Madeleine Albright – was the Secretary of State in the last half of the Clinton Administration and the first woman to hold that position in the history of the country. She has been</i></p>	<p>C? Slide #17: Hitler</p> <p>Slide #18: Who is D? Slide #19: Armstrong</p> <p>Slide #20: Who is E? Slide #21: Imelda</p> <p>Slide #22: Who is F? Slide #23: Churchill</p> <p>Slide #24: Who is G? Slide #25: Hawking</p> <p>Slide #26: Who is H? Slide #27: Albright</p>
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	<p><i>described as “an advocate of democracy and human rights and a promoter of peace among nations. She is a brilliant and witty woman who has been at the center of major world discussions and who has helped to forge America’s alliances around the world.”</i></p> <p><i>I = Ted Bundy – has been described as the most unlikely looking serial killer in America. He eventually confessed to the murders of 28 young women and was executed in 1989.</i></p> <p>Ask for questions or discussion, including whether anyone got all 9 right. If you have prizes, give as appropriate.</p>	<p>Slide #28: Who is I? Slide #29: Bundy</p>
10-15 min.	<p><u>Countering prejudice</u>: Ask participants to return to question #1 on the handout. Divide participants into groups of 2-4.</p> <ul style="list-style-type: none"> ▪ Ask if one person in each group would be willing to describe the individual they had misjudged upon first meeting or seeing. <u>Important</u>: Unless the individual being described is famous, participants should <u>not</u> feel obligated to name or specifically identify the individual they have in mind. A general description is sufficient for the activity. ▪ Working within their groups, participants identify some of the stereotypes and negative statements that could be made about the individual. ▪ Based on their own insights and what they may have learned from the “Name That Person” activity, have the group develop and practice responses that could be given to counter the negative statements made about the individual. <p>Time permitting, groups can share some of their key insights and effective responses with the larger group.</p>	<p><u>Handout</u>: “First Impressions”</p>
5 min.	<p>Overall comments, questions, discussion.</p> <p><u>Reinforce the bottom line</u>: <i>Judge individuals on who they are as people, not on their appearance – including their body size or shape. Encourage others to do likewise.</i></p>	<p>Evaluation form</p>

References for photos (all copyright-free) and text about individual in “Name That Person”:

- Lincoln photo: memory.loc.gov/ammem/alhtml/presport.html; text: abilitymagazine.com/abe_story.html and www.lincolnportrait.com/essay.htm
- Mother Teresa photo: www.go2nepal.com/mt.html; text: sacbee.com/static/archive/news/projects/people_of_century/hum_heros/index.html.
- Hitler photo and text: www.motstand.org/hitler/html
- Louis Armstrong photo: memory.loc.gov/cgi-bin/query/D?gottlieb:16:./temp/~ammem_VcU8:: (*Note: Armstrong photo copyright free only for “noncommercial, educational purposes, research, and scholarly purposes”*); text: www.geocities.com/BourbonStreet/7541/bio.html

- Imelda Marcos photo and text:
home2.planetinternet.be/verjans/Political_Divas/Gallery/Gallery_Imelda_Marcos.htm
- Winston Churchill photo: www.pm.gov.uk/output/page789.asp; text:
www.winstonchurchill.org/fh110navy4.htm and www.school-for-champions.com/biographies/churchill.htm
- Stephen Hawking photo: www.pbs.org/wnet/hawking/html/home.html; text: barrier-free.arch.gatech.edu/Articles/shawking.html and www.hawking.org.uk/about/about.html
- Madeleine Albright photo: www.af.mil/mews/Aug1998/n19980813_981198.html; text: www.jlt.org/events.html
- Ted Bundy photo: www.geocities.com/Wellesley/2813/faceofted2.html; text:
www.geocities.com/bundybunnie/Miscellaneous_Information.html and
ccwf.cc.utexas.edu/~clm318.Ted%20Bundy.htm

Developed by Suzy Pelican, Darlene Christensen, Debby Johnson, and Peg Cullen for *Small Victories*, a mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. *Small Victories* reflects the mission and principles of WIN Wyoming, a multi-agency, multi-state network that promotes healthy lifestyles instead of a specific body size, shape, or weight. WIN Wyoming is coordinated through Department of Family and Consumer Sciences, University of Wyoming Cooperative Extension Service. www.uwyo.edu/winwyoming 0203; slightly revised 0706

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