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Children worrying about their body image

25th March, 2013

http://www.breakingnewsenglish.com/1303/130325-body_image.html

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THE ARTICLE

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

A survey of English schoolchildren shows boys and girls are worrying about the way they look. The study found that over half of male schoolchildren lacked confidence because of their body shape. The figure for girls was slightly higher, at 59 per cent. Researchers questioned 693 teachers about how their students felt about their bodies. All the children had taken lessons on body image and self-esteem. Teachers said many children were very upset if others said bad things about their appearance. Around 55 per cent of teachers reported that girls were "ultra-sensitive" to comments about their looks; the figure for boys being easily hurt by taunts or teasing was 27 per cent.

Teachers gave a number of reasons why children as young as four years old are stressing out about their shape. Over 90 per cent of teachers blame the Internet and television. Children see images of "perfect" bodies every day and they feel they have to look that way too. Almost 30 per cent of teachers said their female students used sunbeds or sprays to look suntanned. Many children are on diets to make themselves attractive to the opposite sex. One elementary school teacher said: "I work with four to five-year-olds and some say things like, 'I can't eat cheese, it will make me fat'". A teachers' spokeswoman warned that children trying to look like "airbrushed celebrities in the media only leads to misery".

Sources: <http://www.bbc.co.uk/news/education-21864312>
<http://news.sky.com/story/1068688/body-image-four-year-olds-feeling-pressure>

WARM-UPS

1. BODY IMAGE: Students walk around the class and talk to other students about body image. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

survey / schoolchildren / confidence / body shape / self-esteem / appearance / teasing / stressing out / blame / suntanned / diets / the opposite sex / airbrushed / misery

Have a chat about the topics you liked. Change topics and partners frequently.

3. CONFIDENCE: How can people become more confident? Complete this table with your partner(s). Change partners often and share what you wrote.

	Your confidence level	How to increase confidence
Speaking English		
Taking exams		
Job interviews		
Presentations		
In yourself		
Dating		

4. "PERFECT" BODIES: Students A **strongly** believe it's good to have people with "perfect" bodies in adverts; Students B **strongly** believe people with average bodies should be in ads. Change partners again and talk about your conversations.

5. BODY WORRIES: What do you worry about most? Rank these and share your rankings with your partner. Put the biggest worries at the top. Change partners often and share your rankings.

- body shape
- teeth
- nose
- skin
- stomach
- bottom
- muscles
- wrinkles

6. APPEARANCE: Spend one minute writing down all of the different words you associate with the word 'appearance'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

1. TRUE / FALSE:

Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. The article says American school kids worry about their body shape. | T / F |
| b. Just over 50 per cent of boys worry because of their bodies. | T / F |
| c. The study interviewed 693 boys and girls about their bodies. | T / F |
| d. Over half of teachers said girls were hurt by comments on their body. | T / F |
| e. Teachers said kids start worrying about their body from the age of 4. | T / F |
| f. Teachers said around 30% of girls use products to get a suntan. | T / F |
| g. Kids diet to look better in front of other kids. | T / F |
| h. A head teacher said airbrushed photos of celebrities are good for kids. | T / F |

2. SYNONYM MATCH:

Match the following synonyms from the article.

- | | |
|----------------|------------------------|
| 1. slightly | a. easily upset |
| 2. appearance | b. making fun of |
| 3. self-esteem | c. representative |
| 4. sensitive | d. point the finger at |
| 5. teasing | e. a little |
| 6. shape | f. good-looking |
| 7. blame | g. unhappiness |
| 8. attractive | h. looks |
| 9. spokeswoman | i. figure |
| 10. misery | j. self-respect |

3. PHRASE MATCH:

(Sometimes more than one choice is possible.)

- | | |
|---|--------------------------|
| 1. worrying about the way | a. the Internet |
| 2. male schoolchildren lacked | b. higher |
| 3. slightly | c. out about their shape |
| 4. children had taken lessons on body image | d. celebrities |
| 5. easily hurt by taunts | e. they look |
| 6. stressing | f. to the opposite sex |
| 7. teachers blame | g. and self-esteem |
| 8. Many children are on | h. or teasing |
| 9. make themselves attractive | i. diets |
| 10. airbrushed | j. confidence |

GAP FILL

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

A (1) _____ of English schoolchildren shows boys and girls are worrying about the way they (2) _____. The study found that over half of male schoolchildren (3) _____ confidence because of their body shape. The figure for girls was (4) _____ higher, at 59 per cent. Researchers questioned 693 teachers about how their students felt about their bodies. All the children had taken lessons on body image and (5) _____ -esteem. Teachers said many children were very upset if others said bad things about their (6) _____. Around 55 per cent of teachers reported that girls were "ultra-(7) _____ " to comments about their looks; the figure for boys being easily hurt by taunts or (8) _____ was 27 per cent.

appearance

slightly

teasing

look

survey

sensitive

self

lacked

Teachers gave a (9) _____ of reasons why children as young as four years old are stressing (10) _____ about their shape. Over 90 per cent of teachers blame the Internet and television. Children see images of "(11) _____ " bodies every day and they feel they have to look that way too. Almost 30 per cent of teachers said their female students used sunbeds or (12) _____ to look suntanned. Many children are on diets to make themselves attractive to the (13) _____ sex. One elementary school teacher said: "I work with four to five-year-olds and some say things (14) _____, 'I can't eat cheese, it will make me fat!'. A teachers' spokeswoman warned that children trying to look like "(15) _____ celebrities in the media only leads to (16) _____ ".

like

sprays

out

airbrushed

perfect

misery

number

opposite

LISTENING – Guess the answers. Listen to check

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

- 1) boys and girls are worrying about _____
 - a. the way they looking
 - b. the way they looked
 - c. the way they look
 - d. the way they looks
- 2) The study found that over half of male schoolchildren _____
 - a. lacked confidants
 - b. lacked confidence
 - c. lacked confidences
 - d. lacked confident
- 3) Researchers questioned 693 teachers about how their students felt _____
 - a. about their bodies
 - b. about them bodies
 - c. about these bodies
 - d. about their body
- 4) children were very upset if others said bad things _____
 - a. about their appearances
 - b. about that appearance
 - c. about their disappearance
 - d. about their appearance
- 5) the figure for boys being easily hurt by _____ was 27 per cent
 - a. taunting or teasing
 - b. taunts or teases
 - c. taunts and teasing
 - d. taunts or teasing
- 6) children as young as four years old _____
 - a. are stressing about
 - b. are stress in out
 - c. are stressing out
 - d. are stressed out
- 7) they feel they have _____
 - a. to look that way too
 - b. to look this way too
 - c. to look that way two
 - d. to look that weigh too
- 8) Many children are on diets to make themselves attractive _____
 - a. to the opposite sex
 - b. to the opposites sex
 - c. to the opposite sexes
 - d. to the positive sex
- 9) I can't eat cheese, it will _____
 - a. make us fat
 - b. make me fatter
 - c. make me fat
 - d. make us fatter
- 10) airbrushed celebrities in the media only _____
 - a. leads to miserly
 - b. leads to miseries
 - c. leads to mystery
 - d. leads to misery

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

(1) _____ schoolchildren shows boys and girls are worrying about (2) _____. The study found that over half of male schoolchildren lacked confidence because of their body shape. The figure for girls (3) _____ 59 per cent. Researchers questioned 693 teachers about how their students felt about their bodies. All the children had taken lessons on body image and self-esteem. Teachers said many children were very (4) _____ things about their appearance. Around 55 per cent of teachers reported that girls were "ultra-(5) _____ about their looks; the figure for boys being easily hurt (6) _____ was 27 per cent.

Teachers gave a number of reasons why children (7) _____ are stressing out about their shape. Over 90 per cent of teachers blame the Internet and television. Children see (8) _____ every day and they feel they (9) _____. Almost 30 per cent of teachers said their female students used sunbeds or sprays to look suntanned. Many children are on diets to (10) _____ to the opposite sex. One elementary school teacher said: "I work with four to five-year-olds and (11) _____, 'I can't eat cheese, it will make me fat'". A teachers' spokeswoman warned that children trying to look like "airbrushed celebrities in the (12) _____".

COMPREHENSION QUESTIONS

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

1. In which country did people survey boys and girls?

2. How many boys lacked confidence because of the way they look?

3. What kind of lessons had the children taken?

4. Who was "ultra-sensitive" about comments on looks?

5. What percentage of boys were hurt by teasing?

6. How young were some of the children who stressed out?

7. What two things did teachers blame?

8. What do children see images of every day?

9. Why do some children diet?

10. What did a teacher say leads to misery?

MULTIPLE CHOICE - QUIZ

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

1. In which country did people survey boys and girls?
 - a) the USA
 - b) England
 - c) Russia
 - d) Brazil
2. How many boys lacked confidence because of the way they look?
 - a) 49%
 - b) less than half
 - c) lots
 - d) over 50%
3. What kind of lessons had the children taken?
 - a) body image and self-esteem
 - b) how to diet
 - c) exercise
 - d) personality
4. Who was "ultra-sensitive" about comments on looks?
 - a) teachers
 - b) boys
 - c) girls
 - d) parents
5. What was the percentage of boys hurt by teasing?
 - a) 26
 - b) 27
 - c) 28
 - d) 29
6. How young were some of the children who stressed out?
 - a) 4
 - b) 5
 - c) 6
 - d) 7
7. What two things did teachers blame?
 - a) parents and teachers
 - b) older students and siblings
 - c) Internet and TV
 - d) singers and actors
8. What do children see images of every day?
 - a) "perfect" bodies
 - b) fast food
 - c) happy couples
 - d) straight, white teeth
9. Why do some children diet?
 - a) to look good to other boys/girls
 - b) their parents told them
 - c) it's a school rule
 - d) so they can join sports competitions
10. What did a teacher say leads to misery?
 - a) boyfriends and girlfriends
 - b) too many calories
 - c) school
 - d) airbrushed photos of famous people

ROLE PLAY

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

Role A – Teacher

You are very sad that young children are worried about their body shape. You are angry at the advertising industry. Tell the others three reasons why. Ask advertisers why they always have "perfect" bodies in their ads. Ask them what they think about kids lacking confidence.

Role B – 8-year-old

You hate your body. You want to look like your favourite pop star or one of the models in the ads on TV. Ask your teacher how you can be more confident. Tell the others three reasons why. Tell him/her that it is important you look good and say why.

Role C – Advertising executive

You understand the world is not full of people with "perfect" bodies, but you need attractive models in your ads to sell things. Tell the others that teachers and parents are also to blame for kids' lack of confidence. Tell the others three reasons why.

Role D – Parent

You are worried about your 10-year-old son. He has lost interest in studying. All he thinks about is expensive fashion and trying to be like the models on TV. Tell the advertising exec that (s)he is helping to make kids less confident. Tell him/her to use normal people in ads.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'body' and 'image'.

body	image

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• survey• half• slightly• upset• comments• hurt	<ul style="list-style-type: none">• number• blame• 30• opposite• cheese• media
--	---

BODY IMAGE SURVEY

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

Write five GOOD questions about body image in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

BODY IMAGE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the term 'body image'?
- c) Do you worry about your body image?
- d) What do you think about schoolchildren worrying about their looks?
- e) Do you think what this study found is new?
- f) How would you feel if someone teased you about your body or face?
- g) What do you think of children having lessons about body image?
- h) Were you teased at school?
- i) What did you worry about most when you were 6, 10, 14...?
- j) What would tell a child who is worried about his /her body shape?

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BODY IMAGE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) What do elementary school children in your country stress out about?
- c) Do images on TV make people think less of themselves?
- d) Do you look at pictures of models and feel bad about your body?
- e) Is there such a thing as a "perfect" body?
- f) What should teachers / schools do to make kids more confident?
- g) Is it bad for kids to use suntan sprays and sunbeds?
- h) Is it bad for kids to diet to look like their thin idols?
- i) Should advertising companies stop airbrushing photos of models?
- j) What questions would you like to ask a worried child?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MULTIPLE CHOICE - LANGUAGE

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

A survey of English schoolchildren shows boys and girls are (1) _____ about the way they look. The study found that over half of male schoolchildren (2) _____ confidence because of their body shape. The (3) _____ for girls was slightly higher, at 59 per cent. Researchers questioned 693 teachers about how their students felt about their bodies. All the children had taken lessons on body image and (4) _____ - esteem. Teachers said many children were very (5) _____ if others said bad things about their appearance. Around 55 per cent of teachers reported that girls were "ultra-(6) _____ " to comments about their looks; the figure for boys being easily hurt by taunts or teasing was 27 per cent.

Teachers gave a (7) _____ of reasons why children as young as four years old are stressing out about their shape. Over 90 per cent of teachers (8) _____ the Internet and television. Children see images of "perfect" bodies every day and they feel they have to look (9) _____ way too. Almost 30 per cent of teachers said their female students used sunbeds or sprays to look suntanned. Many children are (10) _____ diets to make themselves attractive to the (11) _____ sex. One elementary school teacher said: "I work with four to five-year-olds and some say things like, 'I can't eat cheese, it will make me fat'". A teachers' spokeswoman warned that children trying to look like "airbrushed celebrities in the media only leads to (12) _____ ".

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|---------------|-----------------|-------------------|
| 1. | (a) worries | (b) worry | (c) worriers | (d) worrying |
| 2. | (a) leaked | (b) liked | (c) looked | (d) lacked |
| 3. | (a) statue | (b) figure | (c) model | (d) idol |
| 4. | (a) own | (b) my | (c) self | (d) I |
| 5. | (a) onset | (b) inset | (c) upset | (d) asset |
| 6. | (a) sensitive | (b) sensitize | (c) sensitivity | (d) sensitivities |
| 7. | (a) numeral | (b) number | (c) figure | (d) unit |
| 8. | (a) blame | (b) flame | (c) lame | (d) frame |
| 9. | (a) such | (b) that | (c) thus | (d) so |
| 10. | (a) in | (b) at | (c) on | (d) of |
| 11. | (a) facing | (b) enemy | (c) opposite | (d) differing |
| 12. | (a) miserable | (b) miserly | (c) mystery | (d) misery |

SPELLING

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

Paragraph 1

1. A evusyr of English schoolchildren
2. The figure for girls was ygthlisl higher
3. body image and esfl-steeme
4. others said bad things about their eapceaanrp
5. girls were ultra-niesivste to comments about their looks
6. easily hurt by taunts or sanietg

Paragraph 2

7. ssstrigne out about their shape
8. efrpcet bodies
9. children are on diets to make themselves aaeittrvc
10. the oepoitps sex
11. neleatyrem school
12. look like airbrushed cbilireetse

PUT THE TEXT BACK TOGETHER

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

Number these lines in the correct order.

- () they look. The study found that over half of male schoolchildren lacked confidence because of their body
- () esteem. Teachers said many children were very upset if others said bad things about their appearance. Around
- () 55 per cent of teachers reported that girls were "ultra-sensitive" to comments about their looks; the figure
- () Teachers gave a number of reasons why children as young as four years old are stressing
- () felt about their bodies. All the children had taken lessons on body image and self-
- () students used sunbeds or sprays to look suntanned. Many children are on diets to make themselves attractive to the opposite
- () things like 'I can't eat cheese, it will make me fat'. A teachers' spokeswoman
- () for boys being easily hurt by taunts or teasing was 27 per cent.
- () sex. One elementary school teacher said: "I work with four to five-year-olds and some say
- (**1**) A survey of English schoolchildren shows boys and girls are worrying about the way
- () out about their shape. Over 90 per cent of teachers blame the Internet and television. Children see images of
- () shape. The figure for girls was slightly higher, at 59 per cent. Researchers questioned 693 teachers about how their students
- () warned that children trying to look like "airbrushed celebrities in the media only leads to misery".
- () "perfect" bodies every day and they feel they have to look that way too. Almost 30 per cent of teachers said their female

PUT THE WORDS IN THE RIGHT ORDER

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

1. the way they look Boys and girls are worrying about.

2. confidence Schoolchildren their because lacked body of.

3. children lessons image the taken body All had on.

4. if bad Children upset said very others things were.

5. their looks Girls were ultra-sensitive to comments about.

6. stressing out Children as young as four years old are.

7. per the teachers Over Internet cent 90 blame of.

8. way They have that they look too feel to.

9. to diets attractive on themselves are make Children.

10. year - olds I work with four to five -.

CIRCLE THE CORRECT WORD (20 PAIRS)

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

A *survey / surveillance* of English schoolchildren shows boys and girls are *worrying / worries* about the way they look. The study found that over half of male schoolchildren *looked / lacked* confidence because of their body shape. The *figure / statue* for girls was slightly higher, at 59 per cent. Researchers *questioned / questioning* 693 teachers about how their students felt about their bodies. All the children had taken lessons *in / on* body image and self-esteem. Teachers said many children were very *onset / upset* if others said bad things about their *appearance / appear*. Around 55 per cent of teachers reported that girls were "ultra-sensitive" *of / to* comments about their looks; the figure for boys *being / were* easily hurt by taunts or teasing was 27 per cent.

Teachers gave a number *of / for* reasons why children as young as four years old are *stressing out / in* about their shape. Over 90 per cent of teachers *blame / blaming* the Internet and television. Children see images of "perfect" bodies every day and they feel they *have / must* to look that way too. Almost 30 per cent of teachers said their female students used sunbeds or sprays to *look / looking* suntanned. Many children are on diets to make themselves *attraction / attractive* to the opposite sex. One elementary school teacher said: "I work *with / for* four to five-year-olds and some say things like, 'I can't eat cheese, it will *make / look* me fat". A teachers' spokeswoman *warning / warned* that children trying to look like "airbrushed celebrities in the media only leads to *misery / miserable*".

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

_ s_rv_y _f _ngl_sh sch__lch_ldr_n sh_ws b_ys _nd
g_rls _r_w rry_ng _b__t th_ w_y th_y l__k. Th_ st_dy
f__nd th_t _v_r h_lf _f m_l_ sch__lch_ldr_n l_ck_d
c_nf_d_nc_ b_c__s_ _f th__r b_dy sh_p_. Th_ f_g_r_
f_r g_rls w_s slghtly h_gh_r, _t 59 p_r c_nt.
R_s__rch_rs q__st__n_d 693 t__ch_rs _b__t h_w th__r
st_d_nts f_lt _b__t th__r b_d__s. _ll th_ ch_ldr_n h_d
t_k_n l_ss_ns _n b_dy _m_g_ _nd s_lf-st__m.
T__ch_rs s__d m_ny ch_ldr_n w_r_ v_ry _ps_t _f
_th_rs s__d b_d th_ngs _b__t th__r _pp__r_nc_.
_r__nd 55 p_r c_nt _f t__ch_rs r_p_r_t_d th_t g_rls
w_r_ "ltr_s_ns_t_v_" t_c mm_nts _b__t th__r l__ks;
th_ f_g_r_ f_r b_ys b__ng __s_ly h_r_t by t__nts _r
t__s_ng w_s 27 p_r c_nt.

T__ch_rs g_v_ _n mb_r _f r__s_ns why ch_ldr_n _s
y__ng _s f__r y__rs ld_r str_ss_ng __t _b__t th__r
sh_p_. _v_r 90 p_r c_nt _f t__ch_rs bl_m_ th__nt_rn_t
_nd t_l_v_s__n. Ch_ldr_n s__ _m_g_s _f "p_rf_ct"
b_d__s _v_ry d_y _nd th_y f__l th_y h_v_ t_l__k th_t
w_y t__. _lm_st 30 p_r c_nt _f t__ch_rs s__d th__r
f_m_l_ st_d_nts _s_d s_nb_ds _r spr_ys t_l__k
s_nt_nn_d. M_ny ch_ldr_n _r_ _n d__ts t_m_k_
th_ms lv_s _ttr_ct_v_ t_ th_ _pp_s_t_s_x. _n_
_l_m_nt_ry sch__l t__ch_r s__d: "_w_rk w_th f__r t_
f_v_-y__r-lds _nd s_m_s_y th_ngs l_k_, 'c_n't __t
ch__s_, _t_w_ll m_k_ m_ f_t'". _t__ch_rs'
sp_k_sw_m_n w_rn_d th_t ch_ldr_n try_ng t_l__k l_k_
"__rbr_sh_d c_l_br_t__s _n th_m_d__ _nly l__ds t_
m_s_ry".

PUNCTUATE THE TEXT AND ADD CAPITALS

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

a survey of english schoolchildren shows boys and girls are worrying about the way they look the study found that over half of male schoolchildren lacked confidence because of their body shape the figure for girls was slightly higher at 59 per cent researchers questioned 693 teachers about how their students felt about their bodies all the children had taken lessons on body image and self-esteem teachers said many children were very upset if others said bad things about their appearance around 55 per cent of teachers reported that girls were "ultra-sensitive" to comments about their looks the figure for boys being easily hurt by taunts or teasing was 27 per cent

teachers gave a number of reasons why children as young as four years old are stressing out about their shape over 90 per cent of teachers blame the internet and television children see images of "perfect" bodies every day and they feel they have to look that way too almost 30 per cent of teachers said their female students used sunbeds or sprays to look suntanned many children are on diets to make themselves attractive to the opposite sex one elementary school teacher said "i work with four to five-year-olds and some say things like 'i can't eat cheese it will make me fat'" a teachers' spokeswoman warned that children trying to look like "airbrushed celebrities in the media only leads to misery"

PUT A SLASH (/) WHERE THE SPACES ARE

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A survey of English school children shows boys and girls are worrying about the way they look. The study found that over half of male school children lacked confidence because of their body shape. The figure for girls was slightly higher, at 59 percent. Researchers questioned 693 teachers about how their students felt about their bodies. All the children had taken lessons on body image and self-esteem. Teachers said many children were very upset if others said bad things about their appearance. Around 55 percent of teachers reported that girls were "ultra-sensitive" to comments about their looks; the figure for boys being as easily hurt by taunts or teasing was 27 percent. Teachers gave a number of reasons why children as young as four years old are stressing out about their shape. Over 90 percent of teachers blame the Internet and television. Children see images of "perfect" bodies every day and they feel they have to look that way too. Almost 30 percent of teachers said their female students used sunbeds or spray to look suntanned. Many children are on diet to make themselves attractive to the opposite sex. One elementary school teacher said: "I work with four to five-year-olds and some say things like, 'I can't eat cheese, it will make me fat' ". A teacher's spokeswoman warned that children trying to look like "airbrushed celebrities in the media only lead to misery".

FREE WRITING

From http://www.BreakingNewsEnglish.com/1303/130325-body_image.html

Write about **body image** for 10 minutes. Comment on your partner's paper.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about children and how they worry about their body image. Share what you discover with your partner(s) in the next lesson.

3. BODY IMAGE: Make a poster about body image. Show your work to your classmates in the next lesson. Did you all have similar things?

4. KIDS: Write a magazine article about how kids try too hard to look like people on TV or the Internet. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a child expert. Ask him/her three questions about children worrying about their body image. Give him/her three of your ideas on how to help children. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c F d T e T f F g T h F

SYNONYM MATCH (p.4)

- | | |
|----------------|------------------------|
| 1. slightly | a. a little |
| 2. appearance | b. looks |
| 3. self-esteem | c. self-respect |
| 4. sensitive | d. easily upset |
| 5. teasing | e. making fun of |
| 6. shape | f. figure |
| 7. blame | g. point the finger at |
| 8. attractive | h. good-looking |
| 9. spokeswoman | i. representative |
| 10. misery | j. unhappiness |

COMPREHENSION QUESTIONS (p.8)

1. England
2. More than half
3. Lessons on body image and self-esteem
4. Girls
5. 27
6. Four
7. The Internet and TV
8. "Perfect" bodies
9. To look attractive to the opposite sex
10. Airbrushed celebrities

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)