

# Health & Wellbeing

Identity, Self-Image & Comparison



# PERSONAL DEVELOPMENT EXPECTATIONS



## RESPECT

Treat yourself and others with kindness.  
Value different viewpoints.



## PARTICIPATE

Listen actively, contribute thoughtfully and engage with the learning.



## BE CURIOUS

Ask questions, explore ideas and challenge thinking respectfully.



## PROTECT PRIVACY

Keep personal stories confidential.  
Don't share information about others.



## STAY SAFE

Speak to a trusted adult if something worries you about yourself or someone else.



## BE OPEN-MINDED

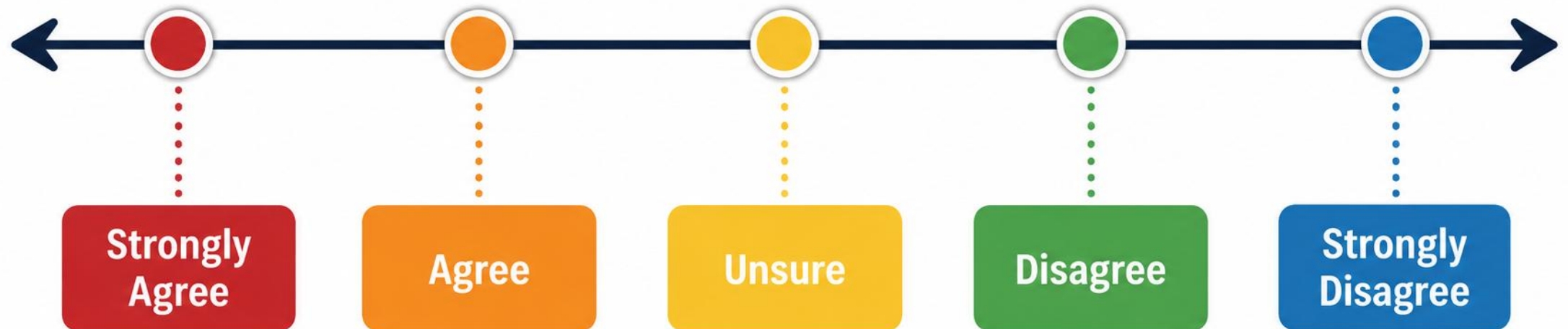
Consider experiences, cultures and perspectives that are different from your own.



# By the end of this lesson, you will know:

- How comparison, particularly on social media, can affect self-esteem and wellbeing
- How online images and lifestyles can create unrealistic expectations and pressures
- How personal values can help build a positive sense of identity and self-worth.

# "Everyone else's life seems better than mine."



Why might someone feel this way?

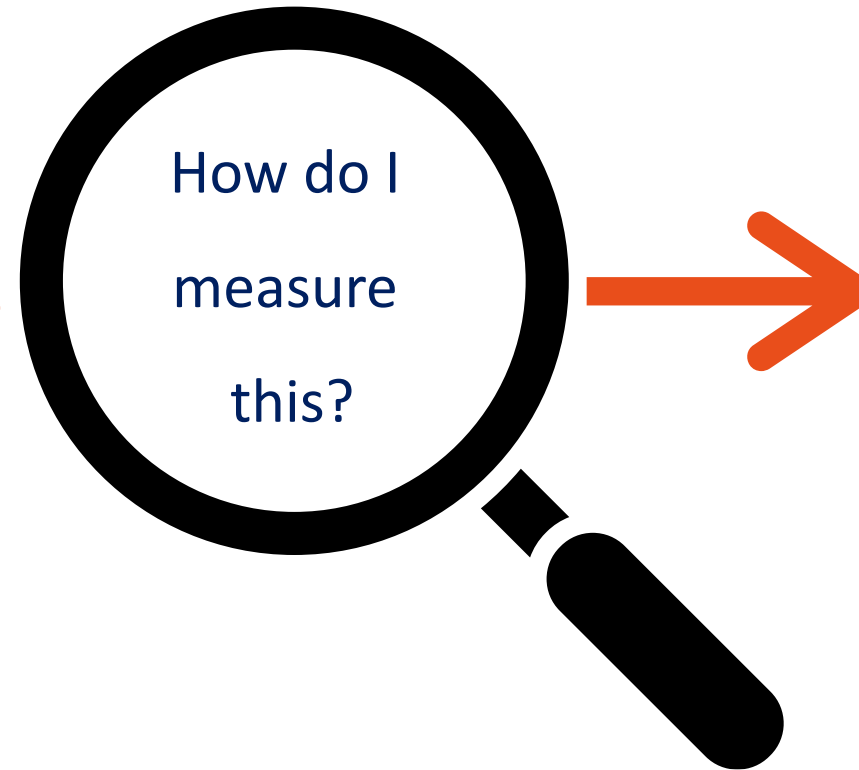
How am I doing?

Who am I?



Do I fit in?

Am I 'normal'?



How do I  
measure  
this?

I'm better than  
those people



I'm worse than  
those people





# Why do we compare ourselves?

Humans naturally compare themselves to others to work out:

- How we're doing
- Whether we fit in
- What success looks like
- How we measure up

Comparison can sometimes help us improve. However, **unhealthy** comparison can damage confidence and self-esteem.

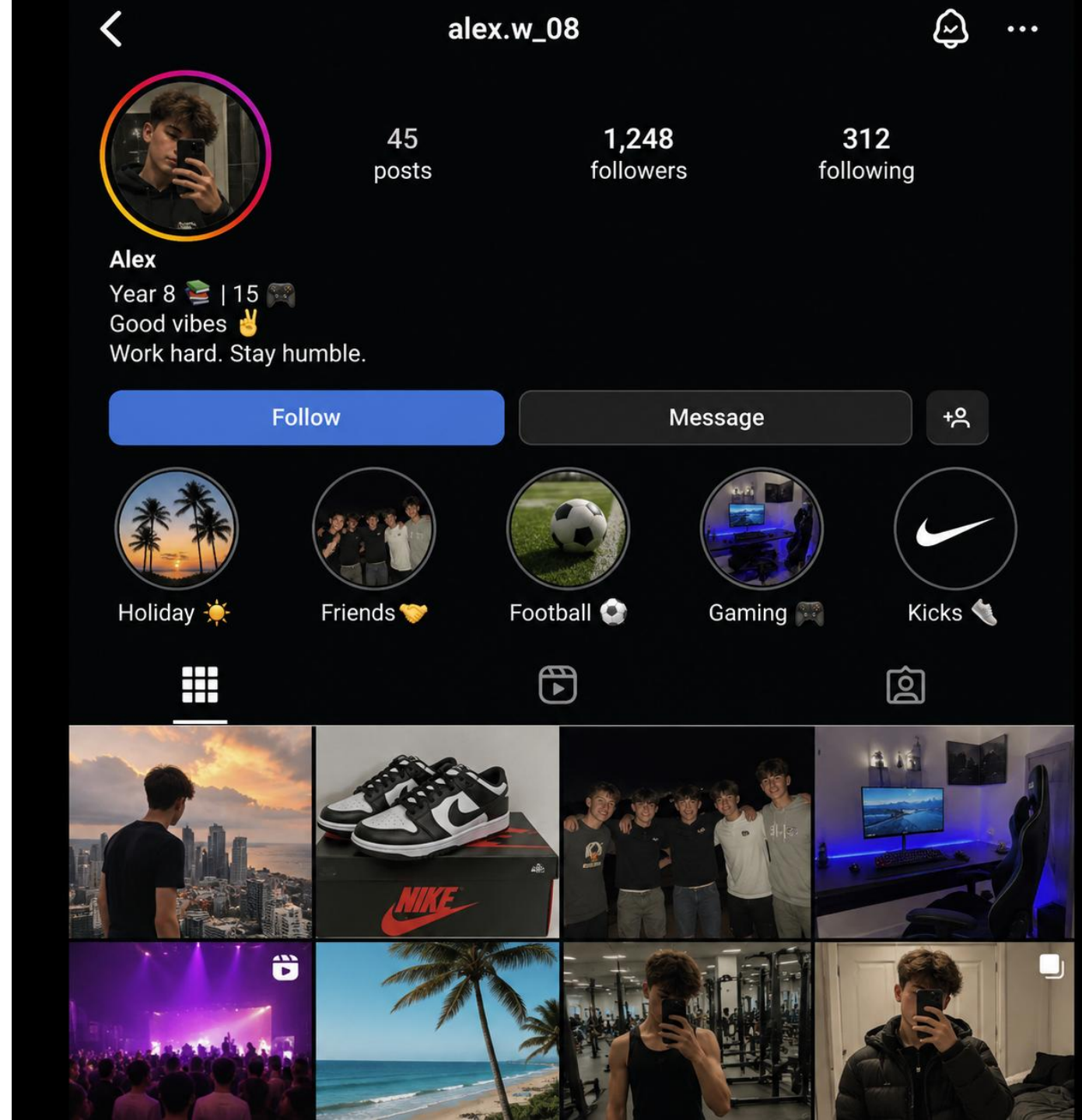


# Online Image vs Reality

This is Alex.

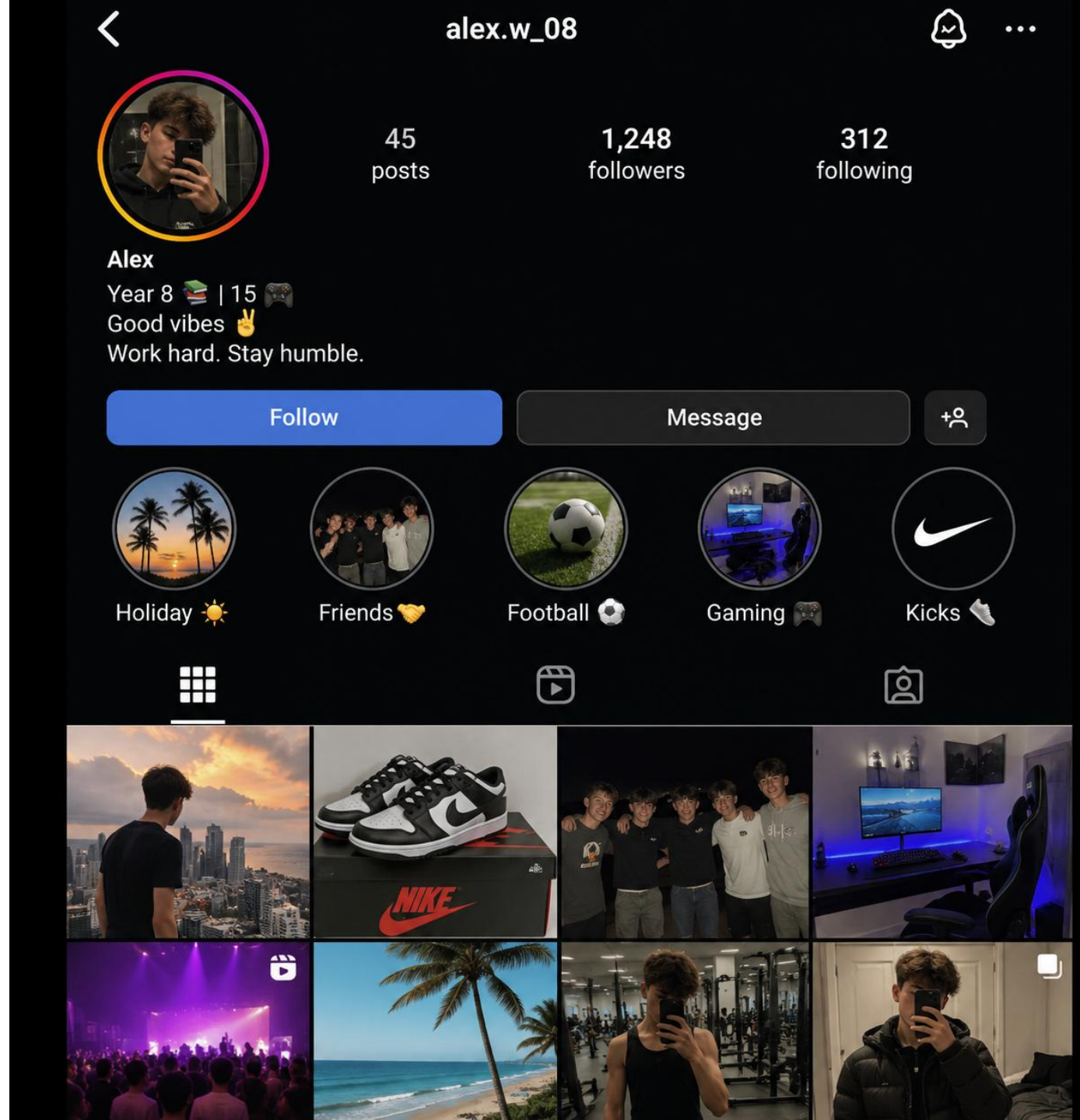
What assumptions would you make about him based on his profile?

What do you think we don't see?



# Online Image vs Reality

- Alex worries about fitting in.
- Alex argues with his parents.
- Alex is struggling in Maths.
- Alex sometimes feels lonely.
- Alex took 30 photos before posting one.



# Discussion

- Which version of Alex is more realistic?
- Why do people tend to post the positive parts of their lives?
- How might comparing yourself to Alex's profile affect your self-esteem?
- Is it fair to compare your whole life to someone else's highlights?

# If social media doesn't show the full picture, what should we base our self-worth on instead?

Imagine you could only be remembered for **FIVE** qualities. What would you choose?

Kindness  
Loyalty  
Courage  
Wealth  
Popularity  
Intelligence

Humour  
Honesty  
Creativity  
Friendship  
Success  
Compassion



# Comparison Triggers

For your category:

1. Identify examples of comparisons a Year 8 student might make.
2. Discuss how these comparisons could affect their thoughts, feelings and behaviour.
3. Decide whether the comparison is likely to be:
  - Helpful
  - Harmful
  - Depends on the situation
4. Be ready to share your ideas with the class.

# Who am I beyond comparison?

This is a completely private reflection task. You will not be asked to share your ideas and should complete it as honestly as you can.





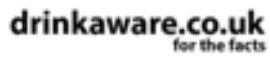
- One thing I value about myself is...
- One strength I have that isn't linked to appearance, popularity or possessions is...
- One value I want to be known for is...

# What have we learned?



- Comparison is a normal part of life, but constantly comparing ourselves to carefully selected images and lifestyles can damage our confidence and wellbeing.
- Social media often shows the highlights, not the whole story.
- Your self-worth should not be based on your appearance, popularity, possessions or followers.
- A strong sense of identity comes from knowing your values, recognising your strengths and being comfortable with who you are becoming.
- Everyone has insecurities—even the people who appear confident online.

# If you feel like you'd like to talk to someone after today's lesson

<p>You can talk to your tutor, Head of Year, a wellbeing ambassador or a trusted adult in school about anything you are struggling with.</p> <p><b>Designated Safeguarding Lead</b> – Mrs Goymer</p>	
<p>For accurate information around health use <a href="http://www.nhs.uk">www.nhs.uk</a></p>	
<p>For support around any issues affecting your wellbeing use <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	
<p>For information around drug use visit <a href="http://www.talktofrank.com">www.talktofrank.com</a></p>	
<p>For information around alcohol use visit <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></p>	
<p>For free and safe mental health support visit <a href="http://www.kooth.com">www.kooth.com</a></p>	