



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Teacher's Guide

SPEED Programme – 5 Classroom Modules

The SPEED programme includes 5 lessons of approximately one hour each, to be carried out with the class. Materials and instructions on how to conduct the lessons are provided.

Module 1 – 1 hour

Ideal Image vs Uniqueness

Activity 1 – Introduction and worksheets

- Reflect on the ideal image each student has of their own physical appearance, focusing on all its characteristics.

Activity 2 – Introduction and worksheets

- Reflect on what it means to be unique and on the value of each person's uniqueness.

Module 2 – 1 hour

Images Presented by the Media

Activity 1 – Introduction and video / photos

- Reflect on how images can be manipulated on social media and in the media.

Activity 2 – Introduction and video / photos

- Reflect on the difference between professional and private profiles.

Activity 3 – Introduction and worksheets

- Reflect on the impact of images proposed by the media and social media, and on the effect of comparing oneself with these models.

Module 3 – 1 hour

Comparing Ourselves



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Activity 1 – Introduction

- Reflect on who or what we use as our benchmark.

Activity 2 – Introduction

- Reflect on how much importance we place on physical appearance when comparing ourselves with others.

Activity 3 – Introduction

- Reflect on our own positive qualities and on how they tend to disappear when we engage in comparisons.

Module 4 – 1 hour

How We Talk About the Body

Activity 1 – Introduction

- Reflect on examples of body talk.

Activity 2 – Introduction

- Reflect on how body talk is used and what consequences it can have.

Activity 3 – Introduction

- Reflect on how body talk can be changed.

Module 5 – 1 hour

How to Change the Way We Perceive Ourselves

Activity 1 – Introduction

- Reflect on how we can value our individuality.

Activity 2 – Introduction

- Reflect on how we can change the way we perceive ourselves.

Activity 3 – Introduction

- Reflect on how the way we use social media to present ourselves to the world could change.