



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders



body
style

look
weight

shape

image

How Do We Talk About the Body?

Module 4 • Worksheet 1

Module 4 • Worksheet 1



Think about how YOU talk about bodies — your own and others. No judgement here!

PART A — When Do You Talk About the Body?



When have you found yourself talking (or thinking) about someone's body or appearance?

Tick all the situations that apply, and rate how often:



Social media / scrolling

How often? ☐ Never ☐ Sometimes ☐ Often



At the gym / sports

How often? ☐ Never ☐ Sometimes ☐ Often



With friends at lunch

How often? ☐ Never ☐ Sometimes ☐ Often



In the changing room

How often? ☐ Never ☐ Sometimes ☐ Often



Looking at photos/videos

How often? ☐ Never ☐ Sometimes ☐ Often



Alone at the mirror

How often? ☐ Never ☐ Sometimes ☐ Often



Can you think of another situation where you talked about your own or someone else's body?

PART B — What Words Do You Use?



What are the words you use most often when talking about someone's appearance?

Fill in words or phrases in each column — be honest!

About OTHER people — Positive

Examples (add your own!):

e.g. beautiful, fit, stylish...



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About OTHER people — Negative	Examples (add your own!):
	<i>e.g. too skinny, overweight, ugly...</i>

About YOURSELF — at the mirror	Examples (add your own!):
	e.g. <i>I hate my..., I wish I were...</i>

PART C — How Do You Feel When You Think These Things?

 When you say or think something negative about your own appearance, how does it make you feel?

Tick all that apply:

- ☐ Sad or upset
- ☐ Motivated to change something
- ☐ Ashamed or embarrassed
- ☐ Angry at myself
- ☐ Neutral — I don't really feel much
- ☐ It depends on the day
- ☐ Other:

🤔 And when you say or think something positive about your own body, how does that feel?

PART D — Has a Comment Ever Hurt?

🙄 Has it ever happened that a comment you made hurt or offended someone, even if you didn't mean it to?

- ☐ Yes, and I realised straight away
- ☐ Yes, but I only found out later



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