



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders



What Are the Consequences?

Words have power!
How do comments affect us?
Module 4 • Worksheet 2

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Words have real power — let's think about how they affect people!

PART A — Commenting on a Friend's Body

Do you ever comment on a friend's appearance or body?

Tick all that apply:

- ☐ Yes, mostly with compliments ("You look great!")
- ☐ Yes, sometimes with neutral observations ("You've lost weight")
- ☐ Yes, sometimes critically ("That doesn't suit you")
- ☐ Yes, as a joke (even if it's a bit mean)
- ☐ Rarely — I try not to comment on people's bodies
- ☐ No, I never comment

When you want to give a friend a compliment, what does it usually focus on?

(Tick the most common topic)

- ☐ Their physical appearance (hair, face, body, clothes)
- ☐ Something they did or achieved
- ☐ Their personality or how they make me feel
- ☐ Mix of all of the above

PART B — How Might These Comments Land?

Read each comment. How do you think it might make the other person feel?

Write your answer in the right column — think about different possible reactions!



The comment:

"You've lost weight — you look so much better now!"

How might this make someone feel?



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PART D — What Would Help YOU?

💙 When you make a negative comment about your own body, what response would make you feel best?

Tick the most helpful response for you personally:

- ☐ Someone who says “You’re perfect just the way you are!”
- ☐ Someone who listens and asks what’s going on for me
- ☐ Someone who reminds me of my strengths and what I’m good at
- ☐ Someone who gently challenges me and asks if the comment is really true
- ☐ I’d rather deal with it alone

 Why did you choose that answer?

Key Message

Even well-intentioned comments about bodies can be hurtful. Everyone's relationship with their body is personal — kindness and curiosity are always better than commenting on how someone looks.

💡 Before commenting on someone's body, ask yourself: "Would I want someone to say this to me?" 🗣️