



Module 5 – Teacher’s Guide

How to Change the Way We See Ourselves

Introduction

The SPEED programme module includes three activities of approximately one hour total to be carried out with the class. Materials and instructions for conducting the lessons are provided.

Module Objectives:

- Give value to our own individual qualities.
- Learn to see ourselves as whole people, not only through our physical appearance.
- Reflect on how we could present ourselves differently through social media.

Duration:

1 hour

Materials:

Presentation slides and student worksheets

Teacher’s Worksheet

Activity 1 – Diversity as a Strength (20 minutes)

The teacher encourages reflection on individual diversity as a way of expressing identity and as something to be valued:

Everyone is different and has characteristics that make them distinct from others and unique. Differences are often viewed negatively, and much of our effort goes into being like everyone else — in appearance, behaviour, and ways of being. In doing so, we undervalue our individuality and what makes us who we are, spending our energy trying to be like someone else.

It is important to value our individuality because it is what allows us to truly express who we are, rather than pretending to be someone different. We cannot please everyone, but if we present ourselves as we truly are, the people who like us appreciate us for who we really are — not because we are like someone else.

We can begin to value our individuality by not hiding it: dressing the way we like, behaving the way we think is right even when it is different from what others do. Sometimes the effort to please everyone causes us to forget what we enjoy, our desires, and our values.





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Student Worksheet: Diversity as a Strength

Activity 2 – Seeing Yourself with New Eyes (20 minutes)

The teacher encourages reflection on how we can view ourselves differently — valuing our positive qualities, limiting comparison with others, and speaking to ourselves more kindly:

How we feel depends, first and foremost, on how we regard ourselves — on the opinion we have of ourselves. We often think that other people's opinions matter most, but in reality our own opinion of ourselves is what counts the most.

We can learn to look at ourselves with new eyes — not focusing only on what we dislike and wish were different, but giving space to the positive aspects of our appearance, our personality, and our behaviour. We can be good friends, good students, lively and intelligent people, and all of these qualities deserve to be recognised and valued.

Having healthy self-esteem means knowing our positive qualities and appreciating them, knowing our limits and accepting them, and working on what we want to change because it matters to us — not because it will make others like us more. We can learn to speak to ourselves more positively and constructively — without constantly criticising ourselves, but still being able to recognise when we have behaved in ways we are not proud of. We can change behaviours without changing our identity.

Student Worksheet: Seeing Yourself with New Eyes

Activity 3 – How Do We Present Ourselves to the World? (20 minutes)

The teacher encourages reflection on how we can choose the way we appear on social media — including the choice not to appear at all:

When we create a social media profile, we may do so to watch how others present themselves, but often we also want to project an image of ourselves — building it in a certain way, even simply by posting only certain content, photos, or stories.

The way we choose what to share contributes to creating an image of ourselves that may be more or less real, and may follow certain models. But we can also choose to present ourselves as we truly are — sharing content we genuinely like, not just content we think will get the most likes. We can also choose not to appear on social media at all, or to post content that is not directly about us but about things we enjoy — music, places, and so on.

It is important to reflect on why we post certain photos or videos, on how we want to appear to others, and on whether the image we project is truly ours. We are not obliged to share personal aspects of our lives with others — but we should be aware that when we do, we are constructing an image of ourselves that may be very different from who we really are, and that when this constructed image meets reality, pretending to be someone different can become a problem.



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Student Worksheet: How Do We Present Ourselves to the World?



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