

Below are the Instructions for conducting the classroom activity with students

Structure:

Small groups of 4-5 students

Materials:

Student Handouts:

- Script of case study for students to role play (print off one copy for each student who plays a character)
- True or false game (print off one copy of page 1 for each student in your class) (keep the answer sheet for yourself to help guide the discussion at the end of the activity)
- Comic strip with game answers (print off one copy for each student in your class)

Parent Handout:

- Print off one copy of the parent handout for each student in your class

Optional Assessment and Evaluation:

- Assign activity to assess and evaluate students' understanding of topic based on the material presented to them. This activity is not a requirement for the study.

Time:

35 minutes

Directions:

- 1 In a large group, solicit volunteer students to role play the characters in the script (or ask students to read the script out loud). (5 minutes, PDF Case Study Script for Role Play)
- 2 Divide students into groups of 4-5, and distribute a copy of the true or false game to each student. Ask students to read the instructions at the top of the game. Provide students with 10 minutes to come up with their own answers, based on what they know. (PFD True or False Game)
- 3 Distribute the comic strip to each student and instruct them to verify their answers to the game by reading through all of the background material (10 minutes, PDF Comic Script with game answers)
- 4 Ask a representative from each group to share their answers with the entire class (10 minutes). Use the teacher's true or false game answer sheet (PDS True or False Game page 2) to guide the large group discussion.
- 5 Distribute parent handout to each student to bring home. (PDF Parent Handout).
- 6 Optional: Administer assessment and evaluation activity as a homework or classroom exercise (PDF Assessment and Evaluation).

Note to teachers: Some rules apply when discussing issues related to body image, teasing etc. You may want to emphasize that it is inappropriate to make a person feel badly about their bodies or themselves; this includes making negative comments or jokes about a person's body shape, body size, or athletic ability. Students should be discouraged from judging others by their appearance and reminded that every student develops at their own pace. Take this time to allow students to brainstorm and create a classroom contract of their own. Class contracts can help empower students to help shape their own classroom behaviour. You may feel it is necessary to remind them of this contract at the beginning of each module discussion.