

Get Real! Toolkit



School



Home



Printable Unit

PHE Curricular Competencies: Social and Community Health, Mental Well-being

Audience(s): Secondary

Hyperlink: [Get Real! Digital Media Literacy Toolkit](#)

Description

The Get REAL! Toolkit features interactive activities to think critically about the body image messages we see, hear and read in the digital media culture every day.

Objective(s)

As students spend more time online, this printable unit can help counteract the media's potential influence on normalizing unrealistic body standards. These unrealistic standards can affect our body image and self-esteem and, in some cases, lead to unhealthy eating and exercise behaviors, even eating disorders.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Explore and describe factors that shape personal identities, including social and cultural factors (Grades 9-10)

Analyze the potential effects of social influences on health

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com