

# RAS: Year 7 Summer Learning Journey 1: Body image and external influences

## What are we learning about?

We are learning about how what body image is and what external influences might affect our view of ourselves. We'll consider the impact of social media as well as explicitly considering how we can be kinder to ourselves.



## Why are we learning about it?

There has been a major increase in the number of people who have a negative body image, with many people considering social media to blame. By learning explicitly, we will develop our ability to read critically into media sources.



## What new KNOWLEDGE will I gain?

- What is body image?
- What is the impact of social media?
- How can I have a positive inner monologue?



Citizenship

Keeping Safe

Careers



## How does this build on the SKILLS I already have?

This will build on your understanding of Resilience, Aspiration and Success from earlier RAS lessons as well as others in the school.

You've worked on reading critically when looking into what Parliament is in 21<sup>st</sup> century Britain.



## What new SKILLS will I develop?

We will develop our understanding of Resilience, Aspiration and Success, which are also in other lessons.

We're really going to focus on reading critically in this unit. This is because reading critically doesn't always have to mean words – it can be the impact of pictures on people, for example.



## How does this build on the KNOWLEDGE I already have?

You have learnt about what mental health is in form time as well as when you looked at the impact of sleep on mental health.

By returning to this theme but with reference to our bodies, we are able to build a positive view of ourselves over time.