

## Self Image Lesson

Write **Normal** and **Ideal** of High School student on board

Have students write physical/body image and intellectual personality traits

Bring pictures of non-famous people (not extremes)

Ask students what they think we (Peer Educators) are (maybe come in disguise??)

Tell students what we are, personal experience (dumb jock...not one trait, etc.)

**\*\*although we are different... we can still get along\*\***

Ask students to explain the cliques and stereotypes of people in their grade

What makes someone popular and unpopular?

Draw a picture of themselves – exaggerating physical features and personality traits

Ask students if Kellenberg is a good environment to be yourself?