

Body Image: activity review & workshop report

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Introduction

Oxford Against Cutting (OAC) is an Oxford-based charity working to end harmful practices suffered by girls and women living in the Thames Valley. These include female genital mutilation (FGM), ‘honour’-based abuse (HBA), early and forced marriage (EFM) and female cosmetic genital surgery. Our mission is to end practices that harm girls and women by providing education, supporting survivors, raising awareness of support services and empowering young people to champion initiatives against harmful practices. People from affected communities and young people are at the forefront of our activities. We are grateful to Oxfordshire County Council for funding the activities detailed on page 6 and the preparation of this report.

Between July 2019 and March 2020, Oxford Against Cutting carried out a range of activities related to young peoples’ body image. This is in recognition of the ways in which poor body image can overlap with and feed into some girls and women’s desire to change themselves and undergo cosmetic procedures, and the pressure they feel to fit with particular norms. This also recognises the powerful force of social media and its potential for both positive and negative reinforcement of particular body ‘types’. The charity’s work relating to body image is developing and ongoing. Having run a series of pilot workshops during 2018-2019,¹ the following report explores the current context, particularly in terms of the normalisation of cosmetic procedures, the increase in the ‘body positivity’ movement and potential for impact, particularly on young people. It then describes and reviews our more recent work, and looks to future possibilities and next steps to develop more in this area.

Background

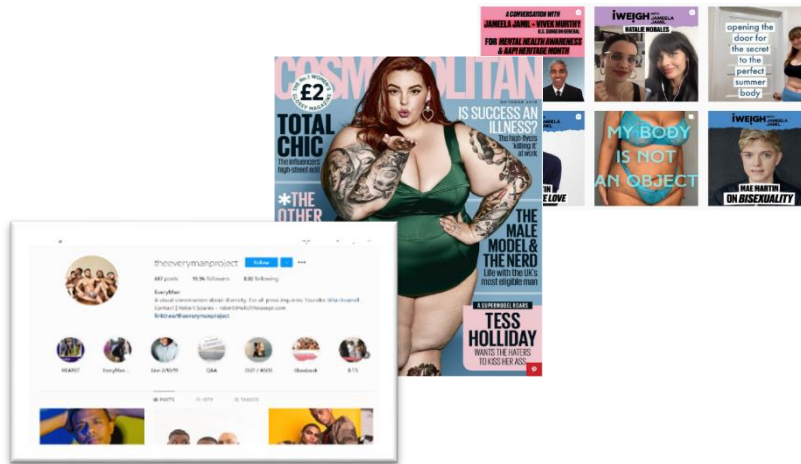
Body image is generally defined as ‘how we think and feel about ourselves physically, and how we believe others see us’. Negative body image can have a harmful effect, particularly (though not exclusively) on young people. Young people, though, may be more vulnerable as during adolescence and puberty their brains and bodies go through huge changes, which can make them more aware of how they look and of other people’s bodies. These changes can make them feel out of control or anxious.² Our own focus group with family support advisors has found that this can even impact primary-aged children, with reports of body image being a real problem for primary school girls and linked to eating disorders, self-harm and impact from pornography.

Body image is generally defined as: ‘how we think and feel about ourselves physically, and how we believe others see us’.

¹ <https://www.oxfordagainstcutting.org/wp-content/uploads/2019/05/OXFORD-AGAINST-CUTTING-BODY-IMAGE-REPORT-FINAL-VERSION.pdf>

² <https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

There is some room for optimism in the growth of the ‘body positivity’ movement, which advocates body acceptance, diversity and fitness/exercise regimes that are inclusive of all body types.³ It seeks to challenge stereotypical ideas of what makes a ‘good’ body, or what is attractive by increasing representation of different body shapes and sizes and individualities and has become increasingly prominent, particularly on social media.⁴



However, it is becoming more normalised to change something that we do not like about our appearance, often through cosmetic surgery. As well as through dentist surgeries and beauticians, access to procedures is becoming ever more widespread.⁵ The term ‘cosmetic surgery’ refers to a range of surgical procedures that are carried out to alter and enhance a patient’s physical appearance, generally for non-medical reasons⁶ and can take many forms, including non-surgical cosmetic procedures such as the injection of Botox or fillers to invasive procedures such as rhinoplasty or facelifts. Worryingly, younger people often see cosmetic procedures as a commodity – something they might ‘get done’. This can be attributed in part to the use of social media and the growth in celebrity culture: 41% of girls aged 7 to 10 and 62% aged 11 to 16 said they felt some pressure to look the way celebrities do”.⁷ A recent study by Walker et al found in a group of women aged 18-29 that exposure to images on social media increased their desire for cosmetic surgery.⁸ Post-Covid there are contrasting stories. On one hand we see reports of a ‘Zoom Boom’ – a surge in bookings for surgeries following lockdown and reportedly triggered by the self-scrutiny (and self-criticism) involved in video

³ See, for example, Pickett and Cunningham (2017) on the use of body-positive yoga to create inclusive spaces.

⁴ References and resources section includes some resources which give more detail on body positivity.

⁵ See our ‘Case Study’ on p# relating to the availability of procedures on the high street.

⁶ <http://www.bapras.org.uk/public/think-over-before-you-make-over/what-is-cosmetic-surgery>

⁷ Department of Health: Review of the Regulation of Cosmetic Interventions (2013), https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/192028/Review_of_the_Regulation_of_Cosmetic_Interventions.pdf

⁸ Walker, C. E., Krumhuber, E. G., Dayan, S., and Furnham, A. (2019). Effects of social media use on desire for cosmetic surgery among women. *Current Psychology*, <https://doi.org/10.1007/s12144-019-00282-1>.

communications during the pandemic. Anecdotally, this has been seen in both women and men.⁹ Other reports point to the Coronavirus and resulting lockdowns leading to those who have regular treatments being given a break from their cycle of filler appointments and, following re-evaluation, opting to return to a more natural look.¹⁰ In the latter reports, there are indications of a general shift in attitudes away from fillers and Botox, with reports of celebrities expressing regret about having these from a young age, and some having their fillers dissolved. More is understood about the nature of fillers, ie, belief that they last 6-12 months before dissipating when in reality they can remain in the body for many years and ‘migrate’ to other areas of the face and body.

There have long been concerns about such procedures and their prevalence. The British Association of Plastic Reconstruction and Aesthetic Surgery (BAPRAS) argue that self-regulation does not adequately

“The term ‘cosmetic surgery’ refers to a range of surgical procedures that are carried out to alter and enhance a patient’s physical appearance”.

BAPRAS

protect individuals, and conducted research which found that 24% of people having cosmetic procedures in the UK do not check the qualifications of their surgeon, 21% are unaware of the risks of the cosmetic procedure and 27% are not aware if there is any aftercare available should there be complications. 53% say that cost is a major factor in their cosmetic surgery choice, resulting in increased chances of disappointment when this has been a deciding factor.¹¹ Many may also not be aware that, with the exception of invasive surgical procedures (which a medical

doctor must perform), these interventions can be performed by anyone. The Quality Care Commission regulates only cosmetic treatments carried out by health care professionals that involve surgical procedures. This excludes subcutaneous injections, chemical peels, laser treatments, etc.¹² Data on complications/reactions to dermal fillers is low because there is no official reporting strategy in place for such products.¹³ In terms of injectable cosmetic provision, though initially unregulated, in 2007 the government introduced a system of self-regulation to avoid the cost and burden of statutory regulation and instead relying on the industry’s desire to avoid loss of profit and reputation.¹⁴ External scrutiny is, though, minimal, and the Department of Health have noted that inspecting and monitoring non-surgical cosmetic providers may be a low priority to Local Authorities. The self-regulated nature of cosmetic intervention makes UK law on cosmetic surgery vague with implant surgery not having a

⁹ <https://www.bbc.com/worklife/article/20200909-why-plastic-surgery-demand-is-booming-amid-lockdown>

¹⁰ <https://www.cosmopolitan.com/uk/beauty-hair/celebrity-hair-makeup/a35708681/celebrities-dissolve-filler-amount-tweakment/>

¹¹ <http://www.bapras.org.uk/public/think-over-before-you-make-over/our-research---worrying-findings>

¹² <https://www.cqc.org.uk/help-advice/help-choosing-care-services/choosing-cosmetic-surgery>

¹³ Department of Health: Review of the Regulation of Cosmetic Interventions (2013),

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/192028/Review_of_the_Regulation_of_Cosmetic_Interventions.pdf

¹⁴ Self- and Co- Regulation: The Register of Injectable Cosmetic Providers,

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/31634/10-1282-self-co-regulation-register-injectable-cosmetic-providers.pdf

regulated minimum age, only recommendations which reputable providers claim to adhere to, for example according to types of implants/breast surgeries.¹⁵ There have, though, been attempts to challenge the status quo. In 2015 BAPRAS launched the *'Think Over Before You Make Over' campaign*,¹⁶ addressing consumers' lack of knowledge and information about safe and suitable cosmetic surgery. Prior to this, a review by the Department of Health of the regulation of cosmetic interventions found that people often make an assumption that if someone is performing procedures then they must have the correct qualifications.¹⁷ As wariness has grown about such treatments being available to the under-18s, Department of Health analysis showed that 40,000+ Botox and 29,000+ dermal filler procedures were carried out on this group during 2020.¹⁸ Following the introduction of a Bill by MP Laura Trott in January 2020, which easily gained cross-party support, a ban on under-18s using these substances, will be enshrined in law from April 2021 and come into full force in the following autumn.¹⁹ This is laudable, but arguably just a first step in the protection of young people in relation to these procedures.

High street 'tweakments' – normalising a need for 'perfection'?

Concerns that 'injectable services' are becoming increasingly normalised have been supported by introduction of walk-in cosmetic procedures by major pharmacy chain Superdrug. Is there a risk that selling cosmetic procedures alongside the likes of cleanser and lip balm makes it seem as much an essential as these everyday items? That it takes the normalising of cosmetic procedures too far?

Vogue magazine, for example, compares fillers favourably to plastic surgery as non-invasive, reversible and relatively low in cost. Some see these as 'lunchtime treatments', to grab during a lunch break as if they are a coffee. This 'tweakment' culture is said to be driven by a desire to look better as, through social media and video conferencing we spend so much time on camera.

Superdrug will be hiring medically-trained nurses, and following criticism will implement a full mental health check as part of their hour-long consultation. Some point to positive aspects of filler and Botox usage, in that it increases confidence, is potentially empowering through exercising personal choice and can assist with medical issues that impact appearance such as scarring and be helpful for transgender people in helping them appear more masculine or feminine as they wish. Nevertheless, the normalising of fillers to minimise the signs of aging or 'correct' perceived imperfections contributes to the idealising of certain types of beauty. Across the media, those with cosmetically altered faces are presented as 'normal', causing many to feel they are somehow lacking.

¹⁵ <https://breastimplants.cliniccompare.co.uk/breast-implants-women-under-20-there-age-restriction-breast-enlargement>

¹⁶ <http://www.bapras.org.uk/public/think-over-before-you-make-over>

¹⁷ Department of Health: Review of the Regulation of Cosmetic Interventions (2013), https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/192028/Review_of_the_Regulation_of_Cosmetic_Interventions.pdf

¹⁸ <https://www.cosmopolitan.com/uk/beauty-hair/beauty-trends/a36289086/botox-fillers-law-under-18s/>

¹⁹ <https://bills.parliament.uk/bills/2620>

Our activities

Following the initial workshops in 2018-19, our work on body image has been as follows:

- One workshop for young people taking part in the National Citizen Service (NCS)²⁰ programme at Westgate Library, Oxford on 18th July 2019. The group consisted of eleven students of 16-17 years old. This workshop was facilitated by Kate Agha (CEO) and Dot Pritchard (Senior Project Coordinator).
- Three workshops of one hour duration each at Cheney School on 4th March 2020. Students were in groups of 18 (year 11), 20 (year 12) and 20 (year 13). These workshops were facilitated by Dot Pritchard and Dr Nesreen Yanni (Anti-FGM Facilitator).²¹ A summary of the workshop content was also prepared for parents of Cheney School students (see Appendix 1).
- Data-gathering from group of Family Support Advisors in Bracknell on 9th July 2019, during a brief, 20-minute focus group to feed into creation of a primary school toolkit on body image (see Appendix 2).
- Webinars on body image during July and September and October 2020, covering subjects which included advertising, social media, skin whitening and colourism, challenging private surgeries, using social media, activism, natural bodies, cosmetic body alterations and female cosmetic genital surgery.



Because of the necessary structure of both the Cheney and NCS workshops which led to time constraints, it was not possible to collect structured evaluation forms. Students/participants did, though, feed back through making informal comments, and these are identified in Appendix 3, with any insights that we have taken from these comments for future activities in the 'Learning and next steps' section of this report.

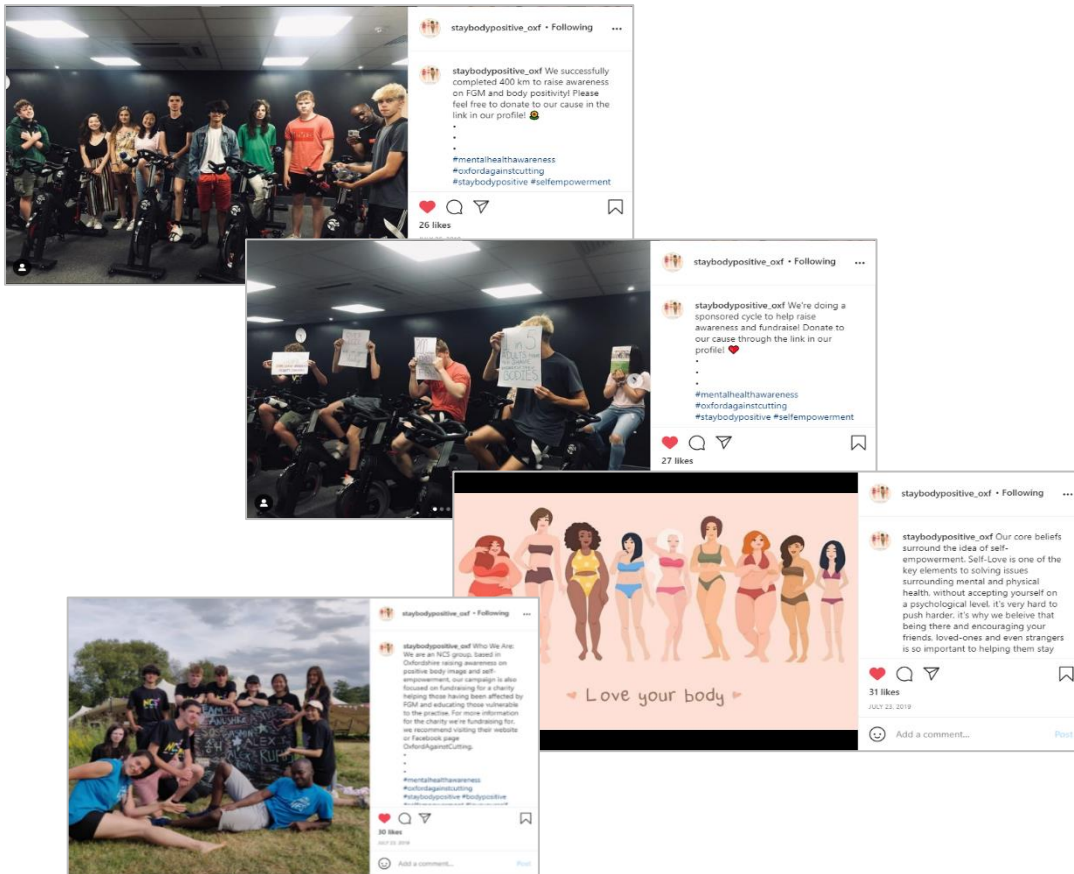
²⁰ <https://wearencs.com/>

²¹ Abi Wycherley, Violence Against Women and Girls Coordinator for Oxfordshire County Council attended one of the Cheney School sessions in an observational capacity.

Workshop review and outcomes

The NCS group work was aimed at developing a social action. As a result of work with OAC, participants created a social media awareness campaign on body image and mental health, in addition to planning fundraising activities such as borrowing bikes from Pure Gym to carry out a 100k-in-4 hours challenge! The group recorded their activities via Instagram,²² and the relevant posts are shown below. They also showed further interest in the work of Oxford Against Cutting, with five signing up for the newsletter mail list, and one joining the OAC Youth Wing.²³ The structure of workshop time followed by a brief brainstorm/questions to help inform social action plans appeared to work well.

The group “liked the workshop and found it useful, interesting and formative. Change starts individually so ... they might be moved internally with the information presented to them”
‘Team 10’, NCS



²² Instagram account: Staybodypositive_oxf

²³ <https://www.oxfordagainstcutting.org/youth-wing/>

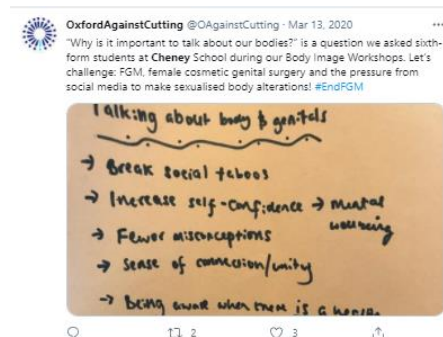
The Cheney School workshops were also well received by the students who showed an impressive understanding of many of the topics discussed. For example, they were able to critically discuss topics such as pornography and social media, highlighting many of the problems they pose. It was encouraging to see that most students (male and female) did not seem embarrassed talking about the female genitalia and many showed a high level of engagement during discussion on FGM and female cosmetic genital surgery, asking mature questions on topics such as consent and the law. It was clear from the sessions that students are mature enough to discuss these topics and that such workshops are essential to facilitate conversations and ensure that students have accurate information around body image. Students had less knowledge of the female genitalia (names and function); when shown a diagram of the female genitalia, very few students were able to name the different parts.

“I liked how they emphasised that everyone looks different and it’s ok”
Cheney School workshop attendee

Learning and next steps

Some learning from the work we have carried out so far would be:

- This is a subject that young people can really engage with and feed into social action activities and social media campaigns. Due to its sensitivity, though, particularly because of its strong links to mental health issues, students and other participants need to be supported and given guidance on approaching and talking about the subject.
- Students and participants may have an interest in testing attitudes with their peers and others around this subject. Before pursuing this, they must be given guidance around the sensitivity that body image has for some people and given full guidance on how to approach any questions around this. The feelings of survivors of procedures such as FGM and transgender individuals, as well as others who may be vulnerable in this respect, must be considered. Any materials designed by students/participants should be agreed by OAC before being used in the wider environment.
- From an OAC perspective, supporting social action activities requires ongoing resource in addition to running the workshops, for example, to liaise quite closely with participants as they take part in/design activities, for example, checking draft posts for social media.
- Feedback from Cheney student indicated that they would like more information on cosmetic surgery, and to cover male issues such as penis size and male circumcision.
- Going forward it would be beneficial to have longer for the workshop or split it into 3-hour long sessions. There are so many important topics covered in the workshop and a longer session would allow more in depth learning and opportunity for discussion in each area. This would allow us to build in time for an evaluation of any sessions, and in particular collect input on other body image issues which might be covered given the ways in which such issues can evolve over time.



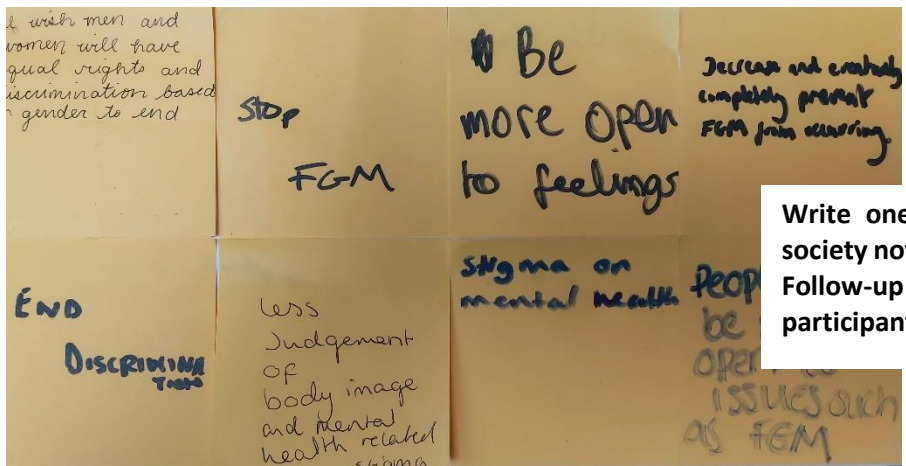
The core focus of OAC's work is to raise awareness of practices that harm girls and women. We would like to build on the work we have carried out so far around positive body image. Ideas for potential projects have included:

- A campaign to bring together young people to reject the beauty industry and social pressures to make cosmetic surgical changes to their bodies for reasons of 'sexuality' called "Backlash", and handing over OAC social media accounts, e.g., a new Instagram account for the day, to a group of young people with posts agreed first.
- Positive activism, raising awareness of and celebrating natural body diversity. For example, OAC have used in the past 'the Great Wall of the Vagina' to illustrate the diversity of natural female genitalia. This could also include raising awareness of and campaigning against harmful cultural practices, including: lip fillers, online trolling about body image, revenge porn and

social media pressures, Female Cosmetic Genital Surgery and FGM. This might be run as a 7-day challenge to share online, within community and amongst family and friends. The team can create the campaign as a blog for OAC to share on our social media platforms.

Finally, with a view to moving our strategy forward, the OAC team have decided upon the charity's position relating to fillers²⁴ to incorporate into our ongoing work.

We look forward to taking the important subject of body image forward in our work, and to contributing to a positive body image for women and girls everywhere!



Write one thing you'd like to change about society now you've taken part in this workshop. Follow-up thoughts from some of our NCS participants via Post-it...

²⁴ See OAC website: <https://www.oxfordagainstcutting.org/wp-content/uploads/2021/05/Position-statement-on-fillers.pdf>

References and resources

BAPRAS on Self-Regulation <http://www.bapras.org.uk/media-government/news-and-views/view/self-regulation-is-not-in-the-best-interest-of-patients>

BBC (2020). Why plastic-surgery demand is booming amid lockdown. <https://www.bbc.com/worklife/article/20200909-why-plastic-surgery-demand-is-booming-amid-lockdown>

British Association of Plastic, Reconstructive and Cosmetic Surgery <http://www.bapras.org.uk/public/think-over-before-you-make-over/what-is-cosmetic-surgery>

<http://www.bapras.org.uk/public/think-over-before-you-make-over>

<http://www.bapras.org.uk/public/think-over-before-you-make-over/our-research---worrying-findings>

Care Quality Commission ⁸<https://www.cqc.org.uk/help-advice/help-choosing-care-services/choosing-cosmetic-surgery>

Clinic Compare: Age Restrictions for Breast Implants <https://breastimplants.cliniccompare.co.uk/breast-implants-women-under-20-their-age-restriction-breast-enlargement>

Department of Health: Review of the Regulation of Cosmetic Intervention Final Report https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/192028/Review_of_the_Regulation_of_Cosmetic_Interventions.pdf

General Medical Council <https://www.gmc-uk.org/registration-and-licensing/the-medical-register/a-guide-to-the-medical-register>

GOV.UK, Regulation of injectable cosmetic treatment providers, <https://www.gov.uk/government/publications/regulation-of-injectable-cosmetic-treatment-providers>

NHS on Regulation <https://www.nhs.uk/news/medical-practice/cosmetic-surgery-needs-regulation/>

NHS: Cosmetic Procedures <https://www.nhs.uk/conditions/cosmetic-procedures/choosing-who-will-do-your-procedure/>

Pickett, A. C, and Cunningham, G. B. (2017). Creating Inclusive Physical Spaces: The Case of Body-Positive Yoga. *Research Quarterly for Exercise and Sport*, Vol 88, No 3, pp329-338.

Self- and Co-Regulation Report https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/31634/10-1282-self-co-regulation-register-injectable-cosmetic-providers.pdf

UK Parliamentary Bills – Botulinum Toxin and Cosmetic Fillers (Children) Act 2021 <https://bills.parliament.uk/bills/2620>

What Is The Body Positive Movement? https://www.youtube.com/watch?v=6tTmYmc6ubE&ab_channel=Bustle

YouGov <https://yougov.co.uk/topics/consumer/articles-reports/2010/09/17/bodged-botox>

Young Minds <https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

Appendix 1 - examples of materials used

Sample from Cheney School lesson plan



LESSON PLAN 2 FOR YEAR 8 STUDENTS ON INTIMATE BODY IMAGE (PSHE)

PLEASE NOTE, THESE MATERIALS HAVE BEEN ADAPTED FOR SIXTH FORM STUDENTS AT ABINGDON COLLEGE

Background

Oxford Against Cutting is a charity tackling female genital mutilation (FGM) and works closely with medical experts at the John Radcliffe Hospital, including our Patron, Dr Brenda Kelly, Founder of the Oxford Rose Clinic.

This lesson plan was developed following increasing concerns about the social pressures on children and young women to change their genitalia. Many of the cultural reasons for carrying out FGM are similar to the cultural pressures that underpin female cosmetic genital surgery (FCGS). With the influence of pornography, ideas around "normal" genitalia have changed significantly in recent years and increasing numbers of girls are seeking FCGS to achieve "perfect" genitalia.

This lesson plan is designed for PSHE teams to address social wellbeing issues related to intimate body image and ideally follows our lesson plan on anatomy delivered as part of a biology curriculum.

A similar structure of lessons is being developed for boys by the medical team listed at the end (a lesson on genital anatomy to include in biology and a lesson on social wellbeing related to intimate body image to be included in PSHE). Class teachers will know their students best to decide if the lessons will be most effective in single or mixed gender groups. A focus group with Cheney School students suggested that the majority of students believe mixed gender groups will work best.

We recommend that the lesson is delivered by 2 facilitators, the PSHE Teacher and a medical student or OAC facilitator. This will mean that one facilitator will be on hand if any of the students need to talk/leave the class or there are any disclosures of abuse during the lesson.

Please note: Facilitators will deliver this material in a neutral, non-judgemental manner, with no opinion on sex before/outside of marriage or casual sex, for example.

Please see the appendices for supporting information.

Sample of slides from Cheney School presentation

Intimate body rights

Artist Roisin Anderson

OxfordAgainstCutting
StopFemaleGenitalMutilation

What is FGM?

Artist Roisin Anderson

OxfordAgainstCutting
StopFemaleGenitalMutilation

My Clitoris

Film by Integrate UK (with an OAC young champion!)

OxfordAgainstCutting
StopFemaleGenitalMutilation

Body image helplines handout – created for Cheney School students

Helpline numbers

If you or someone you know is in immediate danger:
Call the police on 999.

If you've had FGM/C and have health problems, you can access help at the **Oxford Rose Clinic**,
Specialist clinic for FGM survivors - 07767 671 406

So what is a vulva anyway? – A useful booklet to help you to understand your vulva and how
puberty can change it.
https://legacy.brook.org.uk/dsta/50_what_is_a_vulva_anyway_final_booklet.pdf

Multi-Agency Safeguarding Hub (Social Services) – 0345 050 7666

NSPCC – 0800 028 3550

Childline – 0800 11 11

Oxfordshire Domestic Abuse Services – 0800 731 0055

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC) – 01865 725311
www.osarcc.org.uk

LGBTQIA+

LOCAL:

Topaz – LGBTQIA+ youth group which runs in Oxfordshire. It runs all over the county, linked to
different youth groups, and supports young people who are lesbian, gay, bisexual, trans, unsure or
questioning. Link up with Topaz on Facebook at www.facebook.com/TopazOxfordshire or
Twitter [@Topaz_LGBT](https://twitter.com/Topaz_LGBT) or by emailing topaz@ark-t.org to find out more, ask for support, and
arrange to go to a meeting.

My Normal – an LGBTQIA+ youth group which runs once a month in East Oxford.
Email: MyNormalOxford@gmail.com or visit their [Facebook page](#) for more info.

TransOxford – the leading independent dedicated support group for the transgender and gender
non-conforming people in Oxfordshire. Monthly meet up which can be found on their Facebook
page.

NATIONAL:

Galop – national helpline for LGBTQIA+ community experiencing, sexual violence, domestic abuse
or hate crime, including problems with the criminal justice system. London advice line: 020 7704
2040 National LGBTQIA+ domestic abuse line: 0800 999 5428

Information for parents and carers (created for Cheney School)

Oxford Against Cutting – Body Image Workshop



Our body image workshop is designed to increase confidence talking about body rights and the healthy function and appearance of the female genitalia. We encourage students to think about different standards of beauty, where these standards come from and how body image is influenced by social media and pornography. We look at positive influencers, the dangers of 'sexting' and what makes a healthy intimate relationship. Our

workshop highlights the natural diversity of female genitalia and aims to increase students' overall body confidence, as well as raising awareness of cultural practices that change genitalia, such as female genital mutilation and female cosmetic genital surgery. By the end of the workshop students should feel more confident talking about their bodies and where to get support if they're ever worried. The lesson includes short film footage and group discussion. We are careful to set up a safe discussion space for students from the outset and our materials are age appropriate.



Facilitators Nesreen Yanni and Dot Pritchard

Appendix 2 - Bracknell family support advisors focus group

Primary School Body Image Focus Group

What are the pressures on girls in primary school in relation to body image?

Family support advisors said: the pressures are not just on the girls, but on the boys as well.

Teachers have noticed that the children are conscious of what they are eating or what they think they should be eating. They noted that it is 'definitely a problem'. Some children are not wanting to eat in front of others.

Some of the children feel more comfortable wearing t-shirts in the swimming pool.

Issues around pornography – so accessible to anyone with a phone, tablet or computer.

- Transgender (not enough education/support for someone who doesn't feel comfortable with their body/assigned sex)
- Peer pressure
- Group chats and WhatsApp
- Internet and gaming

Some children as young as 7 years old (year 3), have mobile phones. This means they have access to platforms such as social media and pornography (often unmonitored).

Mums obsessed with their looks and therefore influencing how their children think they should look. Teachers gave an example of a girl who was late to school because the mum had chipped a nail and had to get it fixed on the way in.

What age do these pressures begin and when do you think is the best time to talk to children about body image?

Girls starting their periods earlier (an observation)

Years 5 + 6 best age for talking about body image

Please give (anonymous) examples of some of the challenges you have noticed.

Children taking videos of themselves and putting them online. Even if these are 'seemingly' innocent videos, children do not understand the possible implications of putting photos and videos online.

A small child (year 6) was concerned about her eating and actually said 'I don't want to eat, I want to be small, it's nice. I don't want to be big'.

A boy befriended a man on a gaming platform and the man asked the boy for his WhatsApp. The man shared a video of him masturbating and ejaculating and the boy shared it amongst his friends. The mum went into school and asked 'what are you going to do about it?' (ie, assuming it was the schools' responsibility and not the mum's)

Parents giving children phones (big problem)

On a school trip a boy was found with pornography on his phone

Year 5 and 6 girls rolling up skirts 'to fit in'

Lack of education and parenting – parents always on their phones.

Dot and Nesreen

9th July 2019

Appendix 3 - workshop feedback

Feedback from Body Image Workshops at Cheney Secondary School – Years 11, 12 and 13 (4th March 2020)

- This was a really useful overview, but perhaps slightly more focused sessions could be useful.
- More about cosmetic surgery.
- Very well done. Activity was over quite quickly at the start though.
- Very informative and good. Spreading important awareness.
- Informative – would like to do more research at home.
- Cover more male issues as well. Penis sizes as well as male circumcision.
- I wish we could mind map other questions as well but I liked how they emphasised that everyone looks different and it's ok.
- Talk about everybody's issues, it would be nice for everyone to have reassurance. Men's body issues and how they have to look and act a certain way.
- Useful
- Well organised
- Good info
- Teachers handled everything sensitively.
- Supportive
- Informed us about what we were talking about at the start made people more aware.



OxfordAgainstCutting
ProtectingGirls&Women

Acknowledgements: Many thanks to Oxfordshire County Council for their support. Thanks also to all of the facilitators; those who took part in the workshops and webinars; and Eleanor Burston for her support as Research Assistant.

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<https://www.linkedin.com/company/10359484/admin/>



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