

Body Image and Smart Phones





Are you worried about what young people are seeing on their smart phones?

Social media is having a massive influence on how young people think they should look and have relationships!

Oxford Against Cutting has created a unique course for young people in sixth form to learn about the influence of online imagery and how to use their smart phones in a way that is positive for mental health. We have expertise in providing accurate, age appropriate and sensitive information on issues related to harmful practices and intimate relationships.

Our **Body Image and Smart Phones series** includes 5 workshops, with the option to make this part of an art project, to help reinforce learning:

1. The 'Ideal' Beauty Standard
2. Colourism
3. The Influence of Pornography
4. The Female Genitalia - including learning on Female Cosmetic Genital
Surgery (FCGS) and Female Genital Mutilation (FGM)
5. Final workshop for design work

(Details of each workshop below) *

The workshops are 2 hours long - 1 hour of interactive, engaging learning and 1 hour of art and discussion. We can deliver the workshops individually or as the series/part series.

All our workshops focus on sharing accurate information, supporting young people to access support if needed and inspiring the next generation to stand against human rights abuses and practices that harm physical and mental health.

Registered Charity Number 1161597 Website: www.oxfordagainstcutting.org

Feedback from students at The Oxford Academy:

What was the best thing about the workshop for you?

'The fact that you are able to discuss the topics in depth'

'Learning new things about topics I had no knowledge of'

'Discovering new facts about an issue I didn't know was common'

'The art - it allows me to express myself without talking'



Picture from The Body Image Series with The Oxford Academy, 2022

Please email schools@oxfordagainstcutting.org to book our Body Image and Smart Phones series for your student group.

- * 1. "Ideal" beauty standards are being promoted to young people through platforms such as Tiktok, Instagram and Snapchat, and the pressure to follow the trends is immense. In this workshop, we look at the roots of some of these trends and help students develop their critical thinking when faced with the pressures of the beauty industry from the media.
- **2.** *Colourism* covers the influence social media and advertising have on skin shade satisfaction and the harmful rise of skin whitening products.
- **3.** 'The Influence of Pornography' is designed to help students understand the harm that the mainstream pornography industry can have on people both within the industry and on consumers. The session will bust myths and ideas that have become normalised as a result of unregulated and easily accessible harmful online content, for example, ideas that bodies should be cosmetically altered or that sexual violence is acceptable.
- **4.** 'The Female Genitalia' will help girls understand the natural diversity of female genitalia and feel secure in their bodies, as labiaplasty has become one of the fastest growing types of plastic surgery in the world, with girls as young as 9 requesting the procedure. At the same time, young girls are having their genitals altered when they undergo female genital mutilation (FGM). We provide accurate information on the appearance and function of natural genitalia and signpost to support.
- **5. Art and design** this is an opportunity for final questions and answers, to consolidate learning and bring together a display of the artwork created during the series for peer learning.