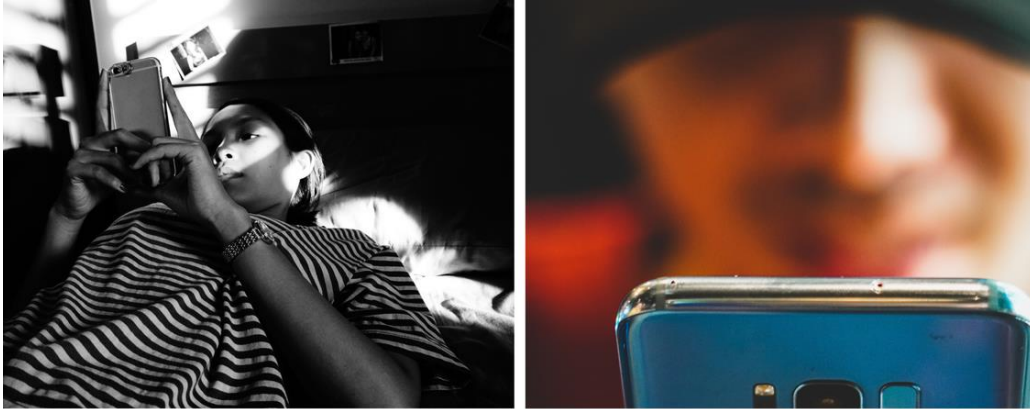




OxfordAgainstCutting  
ProtectingGirls&Women

# 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!**

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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.

