



## Handout

Sec.I, 11H

### #SCENARIO CARDS<sup>1</sup>

#### For girls :

1. I was going to go to the party, but I changed my mind once I saw how bad that dress looked on me.
2. The bullying won't stop until I change my looks. I hate my body so much – when I think about it, I want to hurt myself.
3. My best friend is always making comments about my weight and how big my boobs are. She's probably right. I should try to lose weight.
4. It's only three months until end of the year party. Think I better go on that diet plan my mom gave me, otherwise I'll never look good in a dress.
5. I hate my curly hair. Every girl in the class has nice straight hair. I think I should save up to get it done at the salon.
6. I'm not going to answer any question in class today because I don't want everyone to stare at my face. Why do I have to get acne?

#### For boys:

7. It's only three months until end of the year party. Think I'd better go for more workouts at the gym, otherwise I'll never look good enough.
8. I like my hair, but it looks so different from my friends' and someone has always has something to say about it. It gets greasy so quickly.
9. The bullying will never stop unless I bulk up. I hate my body so much - when I think about it, I want to hurt myself.
10. I was going to go for a swim, but I changed my mind once saw I stupid my body looked in swim shorts.
11. I can't go to school today because I messed up shaving my face. I don't want everyone laughing at me.
12. I'm not going to answer any question in class today because I don't want everyone to stare at my face. Why do I have to get acne?

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<sup>1</sup> Freely adapted from « True to me », see link <https://www.dove.com/us/en/dove-self-esteem-project/self-esteem-resources-for-youth-groups.html>