

Module 4. Be yourself

4a. Do you feel at home in your body?

to get dressed	
to look at	
to put on weight	
thick hair	
pimple	
here we go again	
can't stand	
to grow up	
familiar	
skinny	
mirror	
muscular	
wouldn't mind	
to stare	
almost	
to change smth about smth	
body (bodies)	
quite	
appearance	
to affect	
an affect	
to mature	
to draw attention	
to compare smb to smb / smth to smth	
advertising	
adverts	
a self-esteem	
to put pressure on smb	
to go on (extreme) diet	
to become obsessed with	
to fit smth	
unrealistic	
a reality	
a vanity	
although	
to gain	

to focus on	
a confidence	
confident	
the way you look	
to match	
to be concerned	
an influence	
to influence	
to concentrate	
well-built	
to develop	
a pride	
to increase	
to lose weight	
to join a gym	

Exercise 1. Fill in the missing words. Then do the quiz.

obsessed, go on, remark, vanity, fit, unrealistic, staring, put on, changes, focus, join.

Quiz. Are you body confident?

- You've 1) _____ several pounds and there is a big party in ten days.
 - a. I'll 2) _____ an extreme diet, 3) _____ a gym, and lose the extra pounds or everyone will be 4) _____ at the fat girl.
 - b. It's unhealthy to lose a lot of weight in such a short period of time.
- You're watching a TV commercial with the Beckhams. You think ...
 - a. I want to look like them, thinner and taller.
 - b. Please! TV adverts are 5) _____! They sell 6) _____!
- You overhear someone making a nasty 7) _____ about your weight.
 - a. They're right. I'm ugly and overweight.
 - b. I don't pay attention to hurtful comments.

If you have more A's

You are 8) _____ with your weight. Stop trying to change your body to 9) _____ an unrealistic image. 10) _____ on the things you like about yourself.

If you have more B's

You have a healthy body image. You like yourself and the way you look and that makes others like you too. You're aware that as you grow, your body 11) _____ too. Well done.