

Appearance

Quotations "Don't get caught up in the 'look' thing. Sometimes, we as men and women, the first thing that attracts us to someone is their physical appearance, and that's not always a good thing because what's good on the outside is not always good on the inside."

- Keith Sweat

"Modelling is not something you excel because you are clever but is based on physical appearance, but then you have to be a businesswoman, like, to keep your longevity."

- Gelila Bekele

- Questions**
- What is the first thing you notice about a person?
 - Can clothes define a person?
 - Is there a part of your appearance that you are very proud of?
 - Have you ever gone through the entire day without noticing something was wrong with your appearance? For instance, food in your teeth, missing button.
 - What kinds of things do you do to maintain your appearance?
 - Do you often follow trends? Which were the best/worst?
 - How long does it take you to get ready in the morning?
 - Can someone's appearance upset you?
 - Do people in your country talk a lot about other people's appearance?
 - Is it impolite to tell the person that they need to improve their appearance?
 - How has the definition of appearance changed over the last 100 years?
 - How can your culture, religion or personality influence appearance?
 - What is the worst body trend that you know of?
 - What are some examples of positive body image messages being portrayed in the media today?

Presentation Give a presentation on how people view body image in your country. Think about how it could affect people and recent news/events which have challenged this.