

Poll the Masses

GRADES

7-8

TIME

15+ minutes

TOPIC

Body Image

SPACE

Any

MATERIALS

- Poll pre-created on www.polleverywhere.com
- Students with technology to respond to Poll (cell phones, computers, tablets etc.)

OUTLINE

1. Using the free Polleverywhere website, design a Poll for your students (True or False statements, Body image questions).
2. The poll is anonymous. As each student votes, the results appear in a % form immediately.
3. Use the results of the Polls to guide lessons and discussions based on student feedback/ misconceptions, body myths.
4. For statement ideas and support, see: "Body Positive Messages for Teachers and Parents".*
e.g. T/F: Health is about shape and size.
Models are healthy examples to follow.
We should be working toward perfecting our size and shape.
Girls mostly focus on getting thinner.

*<http://www.teachbodyimage.com/images/pdfs/resourcesandresearch/Key-Messages.pdf>