

Profesora: Pens, Valeria

Mail: valeriapens@gmail.com

Esc. Sec . n° 34 Carlos Villamil- El Redomón

BODY POSITIVITY

An elephant in the room (un elefante en el cuarto) es un frase muy utilizada hoy en día por los adolescentes de habla inglesa y significa un gran problema del que todos/as saben pero sobre el cual nadie se atreve a hablar.

El estereotipo de cuerpos es **an elephant in the room** del que poco a poco nos animamos a hablar desde que la ESI (educación sexual integral) fue dispuesta para su enseñanza en la escuela según resolución del consejo federal de educación n° 340/18.

Approximately 80 to 90% of girls and boys are quite unhappy when they look in the mirror or think about their bodies.

1. Traduce el siguiente fragmento y da una pequeña reflexión sobre ello. Estás de acuerdo con la noticia? por qué? Agregarías algo?

There is a feeling in today's society that there is only one perfect shape and perfect size, that makes the "ideal" body. This feeling is perpetuated by the media and fashion industries. The ideal woman by today's standards is tall and pencil thin with the unrealistic proportions of a Barbie doll. This trend is not only affecting women; more and more men are also struggling with the idea of a perfect body image - the idea of a tall and handsome man with rippling muscles.

Although the media strongly affects our body image, other factors involved include how other people perceive us, and the stereotypes about what the ideal male and female body should be according to our families and friends.

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2. Te invito a ver el siguiente video y que te animes a contar por qué amas a tu cuerpo. Para ello deberás realizar un cartel como el del video y fotografiarte con él para luego enviarlo junto con el trabajo.

<https://www.youtube.com/watch?v=Np5lzCjcqog&feature=youtu.be>

3. A continuación lee los tips para mejorar tu imagen corporal e ilustra el que más deberías adoptar para ti.

Improve Your Body Image

Don't change your body; change your attitude!

- Don't use your body as a sign of your self-esteem. Consider all of your qualities when evaluating yourself.
- Focus on the positive aspects of your body. Replace negative thoughts about your body with positive ones.
- Do things that make you feel good about yourself. Buy clothes that fit well and feel good on you.
- Take part in physical activity. It will usually enhance your sense of well-being. Appreciate your body for what it is and what it can do. Exercise for a sense of well-being and for the joy of being active.
- Surround yourself with people who appreciate and respect a variety of body types.