

Unit Title: Body Image
Unit Level: Level 2
Unit Credit Value: 2
GLH: 16
LASER Unit Code: WJH118
Ofqual Unit Code: F/650/1123

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand body image and how it is portrayed in media/social media.	1.1	Describe the meaning of body image.
		1.2	Describe how images of women and men are often portrayed in media/social media.
		1.3	Explain why women and men are often portrayed in the way they are in media/social media.
		1.4	Identify images and/or groups of people who are underrepresented in media/social media.
		1.5	Describe how media portrayal of the female and male image has changed over time.
2.	Understand how the media/social media can influence body image.	2.1	Describe how media/social media can influence body image.
		2.2	Describe the positive and negative impact media/social media can have on own body image.
		2.3	Discuss the potential impact of cyber-bullying on body image and self-worth.
3.	Understand ways to improve own self-esteem in relation to body image.	3.1	Describe different factors that impact on own body image.
		3.2	Outline different ways to build own self-esteem in relation to body image.

Assessment Guidance:

NA

Additional Information:

NA