

**Unit Title:** Understanding Own Response To Body Image  
**Unit Level:** Level 1  
**Unit Credit Value:** 2  
**GLH:** 18  
**LASER Unit Code:** WJH158  
**Ofqual Unit Code:** K/650/1135

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 the media/social media. | 1.1                 | State the meaning of body image.  |
|                   |  | 1.2                 | Outline how images of women and men are often portrayed in media/social media.            |
|                   |  | 1.3                 | Identify why women and men are often portrayed in the way they are in media/social media. |
|                   |  | 1.4                 | Give examples of images and/or groups of people who are underrepresented in media.        |
| 2.                | Understand how the media/social media can influence body image           | 2.1                 | State how media/social media can influence body image                                     |
|                   |  | 2.2                 | List the positive and negative impact media/social media can have on own body image.      |
|                   |  | 2.3                 | Outline the potential impact of cyber-bullying on body image and self-worth.              |
| 3.                | Understand ways to improve own self-esteem in relation to body           | 3.1                 | Outline different factors that impact on own body image                                   |
|                   |  | 3.2                 | Recognise different ways to build own self-esteem in relation to body image               |

**Assessment Guidance:**

NA

**Additional Information:**

NA