



Body Neutrality vs. Body Positivity



Goals of this seminar:

- Define and compare body neutrality and body positivity.
- Understand how to incorporate body neutrality and body positivity in your life.
- Determine the relationship you would like to have with your body.

Fraternity Values:

- Honor & Respect

Suggested Facilitator: Vice President Inclusion

Room setup/materials needed:

- Flipcharts and writing utensils
- If you plan to use option 1 for the introduction, blank paper for all members and writing/crafting utensils (pens, pencils, markers, crayons, stickers, etc.)
- If you plan to use option 2 for the introduction, cell phones.

Getting started:

- Talking points are indicated with quotation marks. Please use these as speaking guidelines but be sure to make the presentation your own.
- Facilitation instructions are indicated with italicized font. These are hints you might find helpful when administering the material. Most importantly, have fun! The more excited and engaged you are, the more participants will be.
- The facilitator should walk through this seminar prior to presenting to make sure they're comfortable with the material.
- If you are holding this workshop during a chapter meeting, or another time where cell phones aren't usually allowed, make sure you let participants know they will need them for this activity.

Introduction: Body Neutrality vs. Body Positivity

Part 1: Body Neutrality vs. Body Positivity

Part 2: Body Neutrality vs. Body Positivity

Conclusion: Body Neutrality vs. Body Positivity

Participant Activity: Body Neutrality vs. Body Positivity

Introduction: Body Neutrality vs. Body Positivity

Exploring Our Current Relationships with Our Bodies

“Hi everyone! I'm excited to talk to you about body neutrality and body positivity today. We're going to start by setting some "ground rules" for this seminar. This will help us all be on the same page. What ground rules should we put in place to be the most present and engaged today?”

If these are not mentioned while your members brainstorm ground rules, be sure to share them:

- “ Make sure you’re staying off your phone unless asked to use it for an activity. If you need to check your phone during this time, please let me know.
- Respect your sisters by actively listening when they’re speaking. Try to avoid side conversations and stay focused on whoever is speaking.
- Remember that everyone draws from a different set of experiences, so it's important to listen to understand.
- Remember, this seminar will be more beneficial if you make a conscious effort to think critically and actively participate.
- If you are feeling uncomfortable during this conversation, please feel free to step out of the room or excuse yourself. Do what you need to feel safe. ”

Next, complete one of these two introductory activities. Choose whichever option works best for your chapter.

OPTION 1: SELF-PORTRAIT

OPTION 2: EXPLORE SOCIAL MEDIA

This option is best for chapters that would like to get creative. This option might also be best for chapters without access to reliable wi-fi.

“We’re going to start out today’s seminar by flexing our creative muscle. If you don’t have a piece of paper and writing utensils yet, please come grab those now.

For the next few minutes, each of us are going to create a self-portrait. The purpose of this activity is not to be the best artist, but to express how we view ourselves in a creative way.

This can be as literal or abstract as you’d like. For example, you could write words or phrases that describe you and your appearance, use colors to represent different emotions, or keep it traditional and try to draw yourself. There is no “right way” to complete this activity outside of being authentic! ”

Give participants a few minutes to complete their self-portraits.

“It looks like everyone is wrapping up, so let’s come back together. Now that we’ve created our self-portraits, pair up with the person next to you. If you’re comfortable sharing your portrait with your partner, please feel free to do so. If you’re not comfortable sharing, that is okay—instead, talk about how you felt making it. We’ll take a few minutes to chat in pairs before moving on to the next portion of the seminar.”

Give pairs a few minutes to discuss their self-portraits.

“Thank you for taking the time to discuss your portraits! This activity may have felt different to each of us, and that is to be expected. In fact, we’re going to talk more about different relationships we can have with our bodies right now. ”

OPTION 1: SELF-PORTRAIT

OPTION 2: EXPLORE SOCIAL MEDIA

This option is best for chapters with limited materials.

“We’re going to take out our phones for an introductory activity. If you don’t have a phone with you today, feel free to pair up with someone near you.

Open Instagram, TikTok or another social media app. Take a minute to scroll through the home page.

How are bodies being represented in these posts? How do you feel about your own body while scrolling? Consider these questions while you scroll.”

Give participants a few minutes to scroll by themselves.

“ Now, let's search for content that's directly related to today's seminar. Search for accounts or hashtags that relate to body positivity, body neutrality, physical health, or fitness. You might already follow accounts related to these topics; feel free to dive into those or find new content. Take a few more minutes to scroll through and reflect on what's represented in these posts. ”

Give participants a few more minutes to scroll and consider.

“After looking through these posts, how do you feel? What stood out to you? Did you notice any patterns or trends?”

Call on participants as they raise their hands. If participants are struggling to respond, share something you noticed while scrolling and ask if anyone else noticed the same thing.

“ Thank you for sharing! As you can see, whether or not you're directly searching for body-related content, it's common to come across posts which cause us to think about our bodies. Over time, absorbing this content can impact the perception of our bodies both positively and negatively, sometimes without us consciously realizing it.

There are two common “schools of thought” for relationships with our bodies, and we're going to dive into those concepts now.”

CONTINUE

Part 1: Body Neutrality vs. Body Positivity

Body Neutrality vs. Body Positivity—What's the Difference?

“To expand on this conversation, we're going to explore body neutrality and body positivity. Raise your hand if you have heard of body neutrality.”

Participants raise hands; facilitator reacts appropriately.

“Now, what about body positivity?”

Participants raise hands; facilitator reacts appropriately.

“For the sake of today's conversation, I want to provide some common definitions for each of these terms.

According to the Cleveland Clinic, body neutrality “leans toward the belief that it doesn't matter if you think your body is beautiful or not. Your value is not tied to your body nor does your happiness depend on what you look like.”

Alternatively, body positivity “says you are beautiful no matter what.”

Put simply, body neutrality means you neither love nor hate your body, while body positivity focuses on loving your body.”

OPTION 1: GROUP DISCUSSIONS**OPTION 2: PAIRED DISCUSSIONS**

This option is better for smaller chapters.

“To help us better understand these two concepts, we are going to divide into two groups. Those on the left side of the room will focus on body neutrality while those on the right will focus on body positivity.

Take 10 minutes in your group to research your topic using your phones and talk about your findings as a group. You can also brainstorm examples of your experience with this topic or how this topic shows up in the media. For example, you might list some public figures who practice or serve as role models for your concept. Each group will have a flipchart or posters to record key concepts and ideas. Don't forget to select a spokesperson to share with the rest of the chapter when we come back together as a full group.

Ready, go!”

Give the groups 10 minutes to record their ideas.

“Alright, everyone—let's hear from the body neutrality group.”

Have body neutrality group spokesperson share.

“Thank you! Now, what about the body positivity group?”

Have body positivity group spokesperson share.

“Thank you for sharing! Now, let's take this conversation one step further and focus on how we can incorporate these concepts into our lives.”

OPTION 1: GROUP DISCUSSIONS**OPTION 2: PAIRED DISCUSSIONS**

This option is better for larger chapters.

“To help us better understand these two concepts, we are going to break into pairs. The pairs on the left side of the room will focus on body neutrality while those on the right will focus on body positivity.

Take 10 minutes in your pairs to research your topic using your phones and talk about your findings. You can also brainstorm examples of your experience with this topic or how this topic shows up in the media. For example, you might list some public figures who practice or serve as role models for your concept. Each topic will have some flipcharts for pairs to record key concepts and ideas.

Ready, go! ”

Give the pairs 10 minutes to record their ideas.

“ Alright, everyone—let's hear from the body neutrality group. Would anyone who researched the topic like to share with the group? ”

Wait for participants to volunteer. If participants are struggling to volunteer, read some of the ideas from the flipcharts.

“ Thank you! Now, what about the body positivity group? ”

Wait for participants to volunteer. If participants are struggling to volunteer, read some of the ideas from the flipcharts.

“Thank you for sharing! Now, let's take this conversation one step further and focus on how we can (or already do!) incorporate these concepts into our lives. ”

CONTINUE

Part 2: Body Neutrality vs. Body Positivity

How Can I Incorporate These Concepts in My Life?

OPTION 1: BASIC ACTIVITY AND ...

OPTION 2: ADVANCED DISCUSSION

This option is better for chapters who are newer to these concepts.

“ Hopefully, you now have a basic understanding of what makes body neutrality and body positivity different from each other. As you think about these two concepts, let’s brainstorm some ways in which we could practice these concepts in our daily lives. Our goal will be to come up with at least 10 ideas for each concept. I’ll take notes for us.

Let’s start with body positivity. What are some ways in which you could demonstrate body positivity? ”

Facilitator waits for participants to raise their hands and share ideas. If participants are struggling to brainstorm, prompt them with categories such as media or clothing.

“Great job, everyone! Let’s move onto body neutrality. ”

Facilitator waits for participants to raise their hands and share ideas. If participants are struggling to brainstorm, prompt them with categories such as media or clothing.

“Awesome! Thank you all for sharing your ideas. ”

This option is better for chapters who have a more advanced understanding of these concepts.

“Let’s take a few minutes to reflect on how we are currently practicing body neutrality and/or body positivity in our daily lives. Our goal will be to come up with at least 10 ways for each concept. I’ll take notes for us.

Let’s start with body positivity. What are some ways in which you are currently practicing body positivity?”

Facilitator waits for participants to raise their hands and share ideas.

“Thank you all for sharing. How about body neutrality?”

Facilitator waits for participants to raise their hands and share ideas.

“Thank you for sharing! Would anyone like to share something you have seen someone else do to support body neutrality or positivity? Or does anyone have an idea you haven’t been able to implement yet?”

Facilitator waits for participants to raise their hands and share ideas.

“Thanks, everyone! It’s important to continuously reflect on our current practices and consider how they are or are not supporting the relationship we want to have with our bodies.”

CONTINUE

Conclusion: Body Neutrality vs. Body Positivity

Our Future Relationships with Our Bodies

“ Thank you all for being open and honest during this seminar! To wrap up, let’s take a few minutes to reflect on the conversations we’ve had today.

Take a few minutes to think about what we’ve covered, starting with the introductory activity, then discussing the differences between body neutrality and body positivity, and finally sharing our ideas and current practices of these two concepts.

Ask yourself the following questions: ”

1

How do I feel right now?

2

What will stick with me the most from this conversation?

3

Which concept do I want to utilize moving forward—body neutrality or body positivity?

4

What goal can I make today to support implementing one of these concepts?

“We’ll take 1-2 minutes to self-reflect now. ”

Facilitator waits for participants to self-reflect.

OPTION 1: DEBRIEF AS A CHAPTE...

OPTION 2: DEBRIEF AS A SMALL ...

This option is best for small to medium size chapters.

“It looks like we’re ready to move on to debriefing as a group!

I know reflecting on these questions is a personal experience. I do not want you to feel pressured to share your thoughts with others, so let’s focus on the goals from our self-reflection.

What goals did you brainstorm? ”

Facilitator waits for participants to raise their hands and share ideas. If participants are struggling to share, facilitator may choose to share their goal, if comfortable. If no one is comfortable sharing, that is okay!

“Thank you so much for sharing your goals. I am excited to support you all in these commitments!”

OPTION 1: DEBRIEF AS A CHAPTE...

OPTION 2: DEBRIEF AS A SMALL ...

This option is best for medium to large size chapters.

“It looks like we’re ready to move on to debriefing with those around us!

I know reflecting on these questions is a personal experience. I do not want you to feel pressured to share your thoughts with others, so let’s focus on the goals from our self-reflection.

Turn to those beside you and discuss the goals you brainstormed for five minutes. If you do not want to share your goal, that’s okay—share whatever makes you feel most comfortable! ”

Participants share goals with each other.

“Thank you so much for sharing your goals with each other. I am confident that we will all support each other in these commitments! ”

Survey

Provide the following link to four members of your chapter, one from each class. You and those four members will complete the *Leading with Values* seminar survey to provide feedback to Pi Beta Phi.

pibetaphi.org/lwvfeedback

References

<https://health.clevelandclinic.org/body-positivity-vs-body-neutrality/#:~:text=%E2%80%9CThe%20body%2Dneutral%20approach%20leans,are%20beautiful%20no%20matter%20what.>

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Participant Activity: Body Neutrality vs. Body Positivity

Conclusion Self Reflection

- How do I feel right now?
- What will stick with me the most from this conversation?
- Which concept do I want to utilize moving forward—body neutrality or body positivity?
- What goal can I make today to support implementing one of these concepts?

Thank you for engaging in this seminar, today! Please fill out the survey below to give feedback on this *Leading with Values* seminar: Body Neutrality vs. Body Positivity.

[Complete the Leading with Values survey.](#)

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