

Academic Tutorial: Imperfections & Media Bias



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- This session should challenge students' perception of people they consider as "perfect" showing that everyone has flaws and helping them to improve their understand of self-esteem.
- Students should feel challenged in the session but develop communication and critical thinking skills.

Set Up:

You will need your class space but also a screen display to show images suggested by you which can be edited during the session.

Equipment:

- 1 x Screen display
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Begin with providing the students with a definition of perfectionism. Ask students if they identify with it and if they think it's a positive or negative in their lives. Allow conversations to continue and query whether being perfect is actually possible, again allowing students to discuss this as a class.
Optional - ask students to complete a digital intro form.

Task 1 (10mins):

Ask the students to name some celebrities/fictional characters/superheroes that they consider perfect. Type these names on to a document that's up currently shown on the screen display and find a picture of them to display when discussing in the browser. Allow 2 minutes to spend on each person named, discussing as a class what they've heard about them and why people would classify them as perfect.

Task 2 (10mins):

Now the students have decided the "perfect" qualities for each celebrity, have them repeat the exercise and spend the same amount of time discussing the imperfections that the people they've chosen may have. This is not purely judged on physical attributes; it can be anything they may have heard in the media or personal opinions on situations they may have been involved in. Encourage respectful debate.

Task 3 (15mins):

Finally discuss how the students have successfully identified people they see as perfect, but then challenged themselves and found imperfections. Ask them how this has made them feel – how can you become more accepting of yourself when considering the differences in celebrities' lifestyles and potential privileges that the majority couldn't access (multiple assistants/chefs/private healthcare/plastic surgery/personal trainers/nutritionists). How can perfectionism affect your self-esteem and is perfect ever attainable?

Remind them that everything that they know about the people that they chose earlier will have been informed by the media so won't be impartial to bias. This can open a discussion on how gossip can be toxic and cause you to judge others or how media bias can cause you to only see certain people and situations in different lights. A good example of this would be how Kate Middleton and Meghan Markle were treated differently by the press and how that challenged the general public's perception to them both.

Optional - students will now be asked to complete a digital exit form for feedback on the session and how their skills have been tested.