

Image conscious

Worksheet A: Ways of changing your look

Do you have any friends or family, or do you know anyone who has changed their appearance, or *look*, by doing any of the following?

1. Getting a body piercing (getting a navel ring, piercing your tongue, lips, etc.)
2. Getting a tattoo
3. Dying their hair a weird colour
4. Wearing an earring
5. Wearing glasses as a fashion accessory
6. Wearing coloured contact lenses

- a) Note down their name or who they are beside the examples above so you can tell the class about it.
- b) Which would you consider doing?
- c) Are there any you wouldn't consider doing? Why not?

Worksheet B: Facts about tattoos

Before you read about tattoos, write down a short answer to these questions:

- a) How old do you think you have to be to get a tattoo in the UK?
- b) How much do you think they cost in pounds?
- c) Do you think it hurts?
- d) Do you think you need to look after your tattoo once you have one?
- e) Is it easy or difficult to remove a tattoo nowadays? Is it 100% effective?
- f) Are temporary tattoos worth trying, or do they just look false?

Compare your answers with a partner. Do you think the same?

Now read the text to check your answers. When you've finished, check what you have understood with a partner.

Tattoos

Back in the late 18th century, the upper classes were queuing up to get tats. Nowadays, tattoo trends are often led by celebrities. Tattooed VIPs include Ben Affleck, Jennifer Aniston, David Beckham and Eminem. Even Barbie (yes, the doll) had temporary tattoos at one point.

But fashion isn't the only reason people get a tattoo. For some, it's a statement about what kind of person they are or where they're coming from. Others just love the way tattoos look or see them as a way of expressing their individuality. If you're considering one, here are some essential facts.

Getting a tattoo

- In the UK, you have to be over 18 to get a tattoo. Even with parental permission, most tattoo artists will refuse you if you're younger than 18.
- At 18, you might regret something that you did when you were 16, as our opinions change as we grow older. Think about getting that tattoo - it might seem like a good idea at the time, but you might end up hating it in 2 years time.
- Tattoos can cost anything upwards of £10.
- A tattoo is created by injecting ink into the your skin. Some people find tattoos painful, some describe it as an uncomfortable or weird sensation.
- After you've had your tattoo, keep the bandage on for two to 12 hours. Gently wash it twice a day with an antibacterial soap and pat dry, then use moisturiser. Keep it uncovered as much as possible, and avoid sunbathing, swimming, soaking in the bath and exercise until it's healed.
- Tattoos can be removed using laser surgery. However, this process is expensive and doesn't guarantee complete removal – you might be left with marks or some ink left.
- If you're not sure, you could try a (temporary) henna tattoo (a mehndi). The henna mixture is pasted onto the skin and then scraped off, leaving behind a deep red design. A professional henna artist can create amazing designs that last several days.

Post-reading

Discuss the following in groups of three or four. You don't have to make notes, but remember what your colleagues say because your teacher will ask you to tell the class.

- a) Which facts surprised you about tattoos, if any?
- b) Would you ever consider getting one now you have this information?

Worksheet C: Role play

You work for Image Consultants, PLC, an agency which helps people change their look. Your teacher will give you a photo of someone who wants to change their look and improve their image. In groups:

- decide what this person does in life and why they want to change their look.
- make a list of things they could do to improve their image.

Person's profession Why they want to change.....

Hair	Clothes	Jewellery	Other
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Worksheet D: Pair work

Imagine you want to have a new look and you have the permission and the money to do any two things.

Student A: Tell your partner what you would do.

Student B: Take notes in the box below to tell the rest of the class what your partner would do to change their look.

Partner's name

Hair	Clothes	Jewellery	Other
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Now swap roles.

Tell the class what your partner decided. The rest of the class can agree or disagree with their choice

Worksheet E: Role cards

Copy and cut out a role card for each member of the class.

Student A: you are Student C's father and you are outraged that your son/daughter has changed their look. Find out exactly what they have done and why and tell them what you are going to do about it.

Student B: you are Student C's mother and you think their change of look is quite attractive and shows that they care about their appearance. You think they should have told you but you want to defend your child in an argument with their father.

Student C: you have changed your look and you know your dad is going to be angry. Try to tell him why you've done it and why you think you are old enough to make your own decisions.

Worksheet F: Discussion**Discussion**

Decide at what age you think you should be allowed to decide about...

- having a body piercing/tattoo
- drinking alcohol/smoking
- what time you should go to bed
- what you can watch on TV/what games you can play on your PC

Now discuss this with your colleagues and see if you have similar or different views.