Table 1
*Summary of Content from Intervention and Active Control Programs*

<table>
<thead>
<tr>
<th>Lessons</th>
<th>Content</th>
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| **Happy Being Me - Media Literacy** | Influence of media and television and movie stereotypes about ideal and non-ideal appearance  
Identification of media manipulation techniques; unrealistic nature of media images  
Motives of advertisers and media to present unrealistic images  
Challenging media myths of rewards of beauty; recognising positive personal qualities that are not depicted in media  
Techniques and truth in advertising  
Media pressure to promote appearance ideals; recognising underlying media messages  
Creative presentations to promote health or mock advertising/media techniques |
| **Lesson 1**     | Identifying upward comparisons; why it’s not fair to compare  
The comparison trap; brainstorming ways to avoid comparisons  
Generating positive, non-appearance based, personal qualities |
| **Lesson 2**     | Peer influence on comparisons and negative outcomes of comparisons  
Developing and presenting creative solutions to peer appearance comparison scenarios |
| **Lesson 3**     | Developing alternative cognitive and emotional responses to comparisons  
Creative presentations to dissuade peers from engaging in peer upward comparisons |
| **Happy Being Me - Appearance Comparison** | Identifying differences between dieting and healthy eating  
Demonstration of the negative consequences of restriction (air diet\(^a\))  
Recognition of the negative consequences of dieting  
Recognising hunger and fullness signals; paying attention to internal cues  
Developing and presenting creative solutions to eating problems, e.g., skipping meals |
| **Lesson 1**     | Alternatives to problematic food and eating language  
Reinforcing reasons to not diet; alternatives to looking after health  
Creative presentations to promote healthy eating behaviours or promote anti-dieting |

\(^a\) Adapted from Kater (2012)