

Table 1

Summary of Content from Intervention and Active Control Programs

Lessons	Content
Happy Being Me - Media Literacy	
Lesson 1	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
Lesson 2	Challenging media myths of rewards of beauty; recognising positive personal qualities that are not depicted in media Techniques and truth in advertising
Lesson 3	Media pressure to promote appearance ideals; recognising underlying media messages Creative presentations to promote health or mock advertising/media techniques
Happy Being Me - Appearance Comparison	
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 - Healthy Eating Behaviour	
Lesson 1	Identifying differences between dieting and healthy eating Demonstration of the negative consequences of restriction (air diet ^a) Recognition of the negative consequences of dieting
Lesson 2	Recognising hunger and fullness signals; paying attention to internal cues Developing and presenting creative solutions to eating problems, e.g., skipping meals
Lesson 3	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)