



Action Canada  
for Sexual Health & Rights

## Comprehensive Sex-Ed Resource

# Mask Making Activity

Grade Level: 6+

This activity is from **BEYOND THE BASICS**, a resource for educators on sexuality and sexual health.

## LEARNING OBJECTIVES

- 1 Learn what the term self-concept means and how it is related to body image and self-esteem.
- 2 Apply the concept of “perspective” by turning problems into open-ended questions.
- 3 Consider what they would need in order to accept and show more of themselves.

Learn more about *Beyond the Basics* at [www.actioncanadashr.org/beyond](http://www.actioncanadashr.org/beyond)  
For more activities like this one, go to [www.actioncanadashr.org/sex-ed-activities](http://www.actioncanadashr.org/sex-ed-activities)

# Instructions

This activity is instructed as a 2-dimensional mask making activity. If you would like to make it a 3-dimensional mask making activity, the same activity could be done with paper mâché masks.

## Instructions

1. Give each student a copy of the Mask handout on page 4 or the option of drawing their own mask. You can cut out the mask or keep it on the rectangular sheet. Make sure that there is space on both the front and back of the mask to write or draw for the next part. For a more fun, more diversified blank canvas, print masks on different colours of paper.
2. On the front/outside of the mask, ask students to write or draw the qualities, values, and personalities that they show to the world. Encourage them to include how different people perceive and appreciate them.
3. On the back/inside of the mask, ask students to write or draw the qualities, values, and personalities that they do not show to the world. Encourage them to include things that no one knows or that only a few people know.
4. Allow students to keep their words and drawings private and invite those who want to, to share some of the things they have included on their mask.
5. Ask students the following questions:
  - What determines what a person shows and what they do not? Invite students to think about individual factors as well as systemic factors.
  - What might it feel like if your outside is totally different from your inside?
  - What do you think it would be like to feel comfortable showing everything about yourself?
  - What do you need in order to show some of your hidden parts?

## Background Information for Educators

Self-concept is influenced by individual factors (personality traits, self-efficacy, what you have been taught by family, etc.) and systemic factors, including systemic discrimination (i.e., classism, ableism, racism, homophobia, transphobia, and sexism). Self-concept is also about perception and not necessarily an individual's entire reality. Developing a healthy self-concept is not necessarily about having a positive perception but having an accurate and compassionate one that allows for growth and change.

The way youth perceive themselves is influenced by their personality, families, communities, culture, as well as experiences of poverty, racism, sexism, homophobia, and so on. Sexual risk, substance dependence, social isolation, and violence can all contribute to (and result from) an unhealthy self-concept.

Helping adolescents accept the reality of their selves and circumstances, as well as understand the potential for change, are important parts of healthy self-concept development.



## Educator Answer Key

Allow students to lead this discussion. If they are having trouble coming up with answers, here some prompts you could offer:

What determines what a person shows and what they do not?

- Feeling embarrassed, ashamed, or self-conscious
- Experiences of racism, ableism, homophobia, transphobia, and/or classism
- Being taught that certain qualities, characteristics, personality traits, or aspects are either “good” or “bad”

What might it feel like if your outside is totally different from your inside?

- You might feel inauthentic or fake
- You might always feel guarded, protective, or private
- You might feel uncomfortable and not confident to speak-up on issues that matter to you

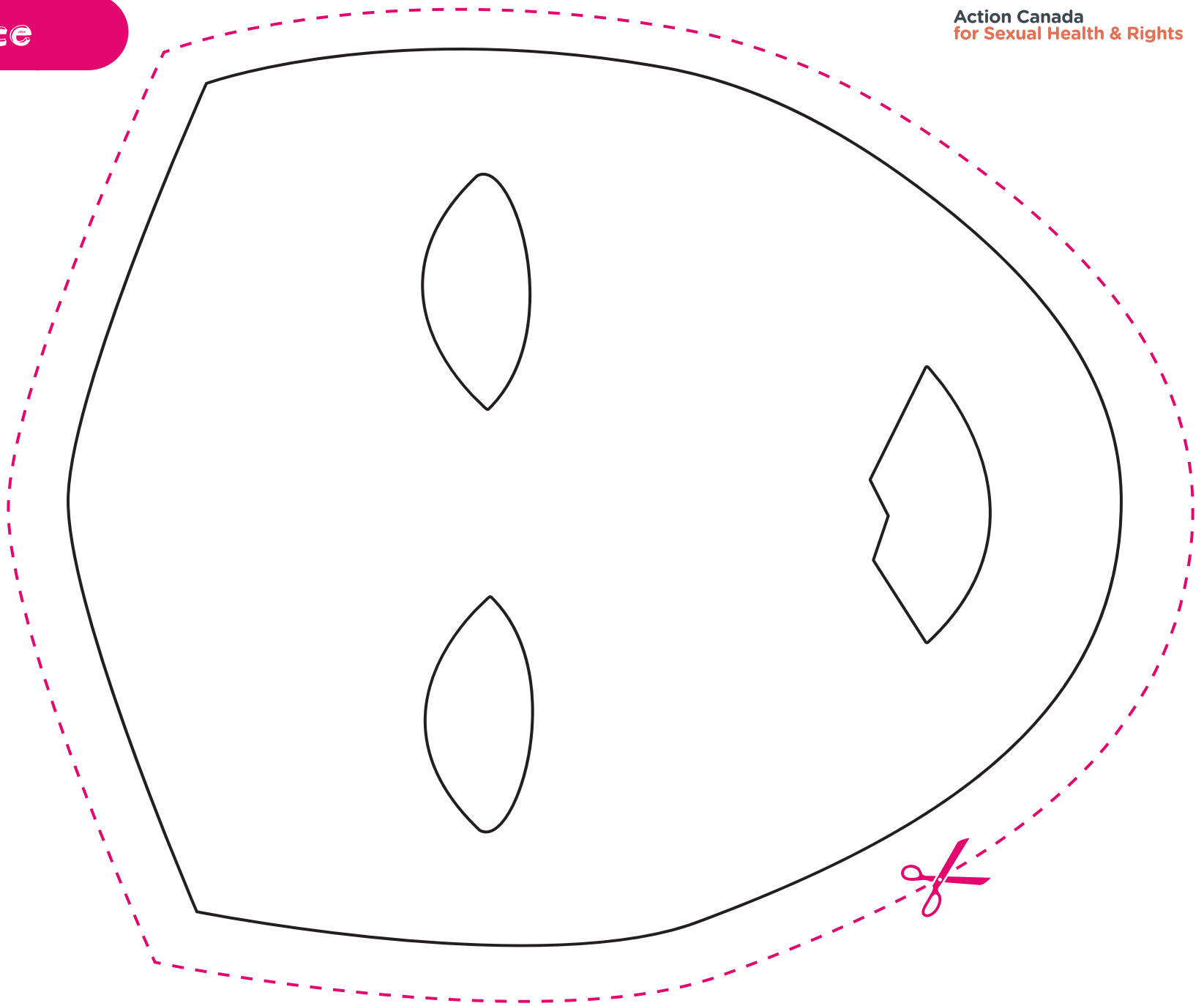
- You might not be able to form meaningful and satisfying friendships

What do you think it would be like to feel comfortable showing everything about yourself?

- You might feel relieved
- You might feel more confident

What do you need in order to show some of your hidden parts?

- What makes you feel comfortable in a new situation?
- Think about people who you feel comfortable showing the hidden parts of you to, why are you able to show these parts of yourself to them and not other people?
- Are there any supports that you need in order to show some of the hidden parts of yourself?



# BEYOND THE BASICS

A Resource for Educators on Sexuality and Sexual Health



Beyond the Basics is a resource for educators on sexuality and sexual health. It offers the tools to teach young people about sexuality and sexual health from a sex positive, equity, and human rights perspective. It covers anatomy, consent, healthy relationships, and more! Choose from a wide range of chapters, modules, and activities that fit the different age, grade, and curricular goals for your students.

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