

Scottish Guidance Association

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Changing Faces



CHANGING
FACES

Changingfaces.org.uk



Changing Faces

Is the UK leading charity for everyone who has a mark, scar or condition that makes them look different.

Providing information, service and support to help individuals live the life that they want

Many people with a visible difference have **social anxiety, depression and low confidence.**

Specialised services offering tailored practical, emotional and psychological support for appearance related issues.

Changing Faces offer a range of free, specialist wellbeing services, including:

- self-help information
- a support & information line
- Online peer community (Health Unlocked)
- 1-1 counselling (child and adult)
- Online facilitated Peer Support groups
- 1-1 Skin Camouflage (online and f2f)



We campaign for a future where everyone can live the life they want free from bullying, low expectations, hate crime and discrimination.



Young People's Experience



Our research

Independent research company ChildWise, surveyed 1400 children aged 7-16 across the UK (June/July 2021). 600 (43%) children self-identified as having a visible difference such as a scar, mark or condition that affects their appearance.

Appearance

Appearance related concerns have increased among children and young people, compared to three years ago. Just one in four children now feel confident about how they look (25%), a fall from 39% in 2018.

One in five say they don't like their appearance at all.

Children and young people with a visible are difference are:

- More likely than their peers to say they don't like the way they look (25% versus 18%)
- One in four say the way they look often makes them feel sad (24%, versus 16%), and they are twice as likely to say their appearance makes them feel depressed (18% versus 9%). 15% feel anxious about video calls (15% versus 8%).
- More likely to be anxious in social situations, with almost two in five having been stared at or made to feel uncomfortable about the way they look (37% versus 19%).
- Three times more likely to have had repeated unkind messages about how they look on social media (16% versus 5%), and twice as likely to have had personal photographs sent to people at school without their consent (17% versus 9%).

School

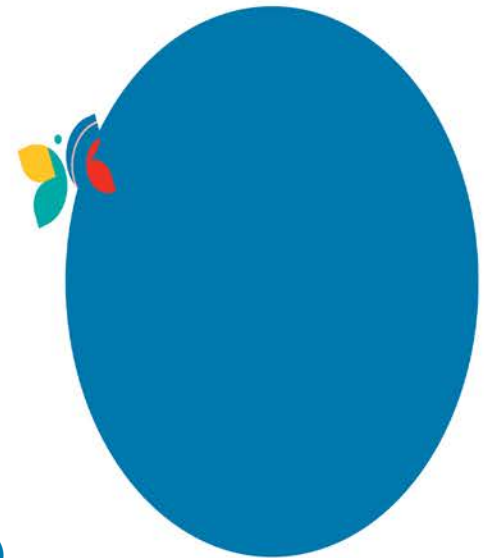
School is a much tougher environment for young people with a visible difference.

- **One in three get mean comments about how they look (31% versus 20%), one in four have been bullied (24% versus 13%). It is therefore no surprise that they are more likely than their classmates to feel worried or anxious about starting a new school (40% versus 29%).**
- **Just one in four children would like to be friends with someone with a visible difference (25%), a fall from 30% in 2018.**

Wellbeing and Mental Health

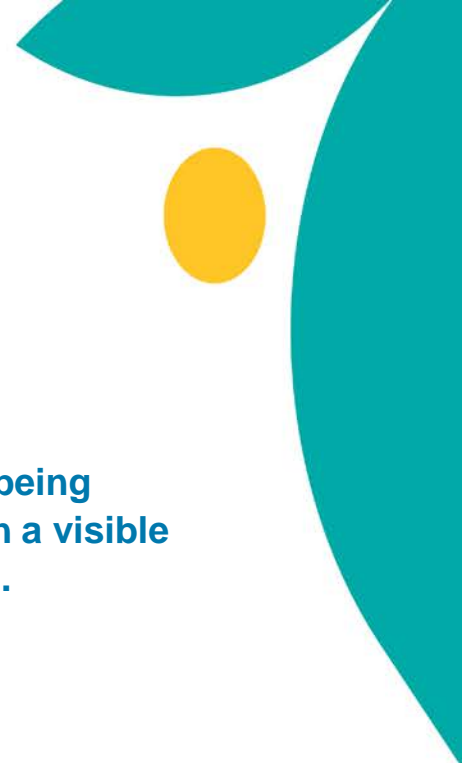
Children and young people with a visible difference are:

- more likely than their peers to feel anxious about the future (42% versus 30%), uncertain (36% versus 29%), worried (32%, versus 22%), and sad (14% versus 6%).



Reactions to 'Looking Different'

- More than a third of 7-16 year olds are aware of people staring at someone who has a visible difference (36%), with numbers much higher among those children with a visible difference (44%).
- One in five 7-16 year olds acknowledge that they or someone they know has felt uncomfortable and walked away from someone with a visible difference (22%); a quarter have pointed at someone with a visible difference or know someone else that has done this (23%).



Bullying

Fewer than one in five 7-16 year olds have told a teacher about someone being bullied because of the way they look (17%). Two in five young people with a visible difference have done this or know someone else who has done this (40%).


Support

**Children with a visible difference are:
more likely to turn to friends before family for support.
more likely to turn to a teacher for support compared to their peers (34% versus 24%).**



The COVID-19 pandemic has had a significant impact on children with a visible difference:

- **children with a visible difference who are unhappy has doubled since 2019 (30% versus 14%) and only 63% of children describe themselves as happy compared to 76% in 2019.**



Only one in four children would like to be friends with someone with a visible difference, a fall from 30% in 2018.

A WORLD OF DIFFERENCE

Recognising and challenging stereotypes of visible difference

TEACHER
GUIDE

Scotland: S1-S2
England: YR 7-8



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Recognising and challenging stereotypes of visible difference



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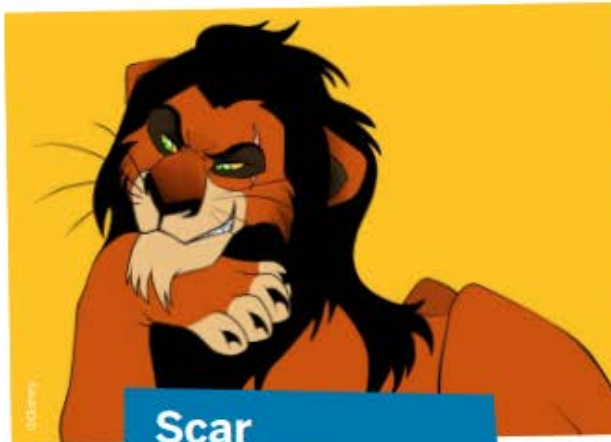




Voldemort
HARRY POTTER



Dr Poison
WONDER WOMAN



Scar
THE LION KING



The Evil Queen
SNOW WHITE

Unconscious Bias

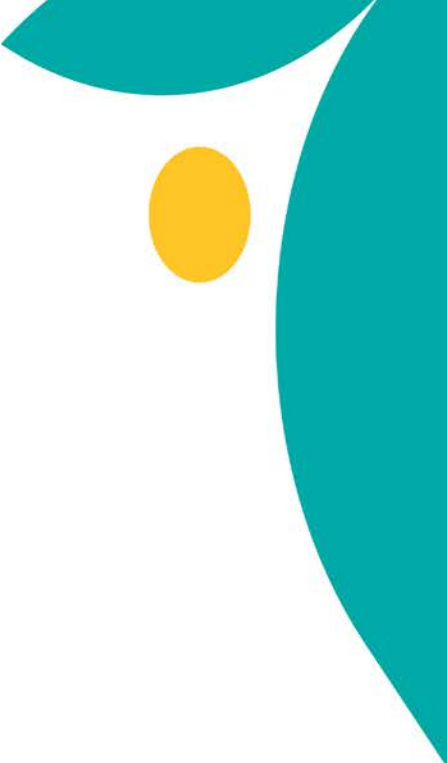


Note the things that surprise you in this film about the impact of unconscious (or implicit) bias in the classroom.

©

David's Story





**If you would like to know more about
The research or A World of Difference
we're very happy to take questions**

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Find out more about visible differences
and respecting difference:
changingfaces.org.uk

