
Body Image & the Media

Session 9:

Body Image and the Media

Goals

- Analyze how media influence our body image and cultural ideals about sex, relationships, and sexuality

Objectives

At the end of this session, students will be able to:

- Articulate how mass media influence our perceptions of ourselves and our relationships
- Identify 2 ways that print media set unrealistic or confining expectations about bodies, gender and sexuality

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

Find 3 differences:



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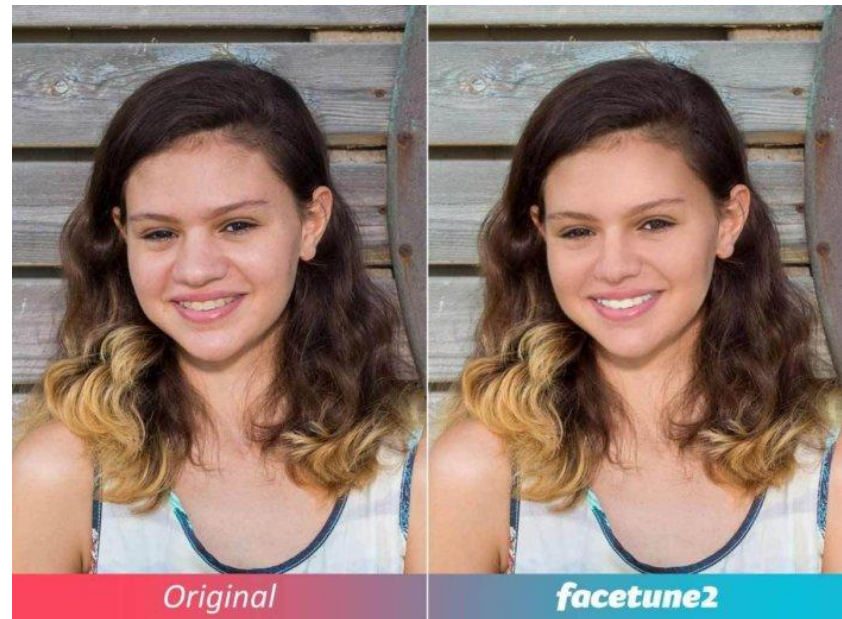
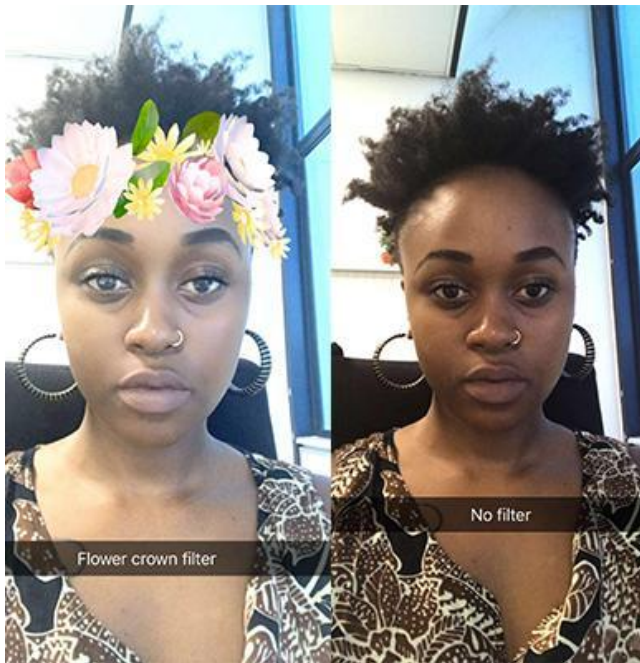
List 3 reasons:

Why do you think people post **selfies** on social media?



Why or why not?

Do you think **filters** and **editing apps** have an effect on body image?



Body Image Inventory

Directions: Please do **NOT** write your name anywhere on this paper. Read through the following 10 statements and think about whether you have experienced any of them. Mark “Y” for YES if the statement applies to you. Mark “N” for NO if the statement does **not** apply you.

- Y / N **1. When I look in the mirror, I feel confident.**
- Y / N **2. I have felt pressure to look, dress, or act more masculine/manly or more feminine/girly** (e.g. being more muscular or wearing more make-up).
- Y / N **3. There are people who look like me in the TV shows, movies, music videos, and/or YouTube channels I watch.**
- Y / N **4. An adult in my life has made comments that have made me feel insecure about my body.**
- Y / N **5. I have made fun of someone based on their looks or body.**
- Y / N **6. If I post on social media, I feel more confident or comfortable when I use filters on my images.**
- Y / N **7. There are things about myself or my body that I wish I could change in order to fit in better.**
- Y / N **8. I have skipped meals to try to lose weight.**
- Y / N **9. I have felt pressure to:** (check YES if one or both of these applies to you)
- **send a nude or sexy picture of myself to someone**
 - **ask someone to send me a nude or sexy picture of themselves**
- Y / N **10. I appreciate what my body can do for me** (e.g. laughing or dancing).

Body Image Inventory

What did you learn doing
this activity?

What was interesting
or surprising?

Body Image Inventory

How can judging yourself or others be harmful?

How can we feel positively about ourselves and our bodies?