BODY IMAGE AND THE MEDIA:

Learning objectives:

- To investigate the link between media and body image

- To reflect upon how you feel about your own body image and why

How much do you think the media (film, TV, magazines) influences the way people want to look?

1	2	3	4	5	6	7	8	9	10

Not at all   Very much

Body image refers to a person's perception of the attractiveness of their own body.

It's about how you see yourself, not what you actually look like.

Describe your appearance in **ten words.**

Pair up with someone you trust.

Describe your partner's appearance in **ten words.**

How did your friend's description of you compare to your own?

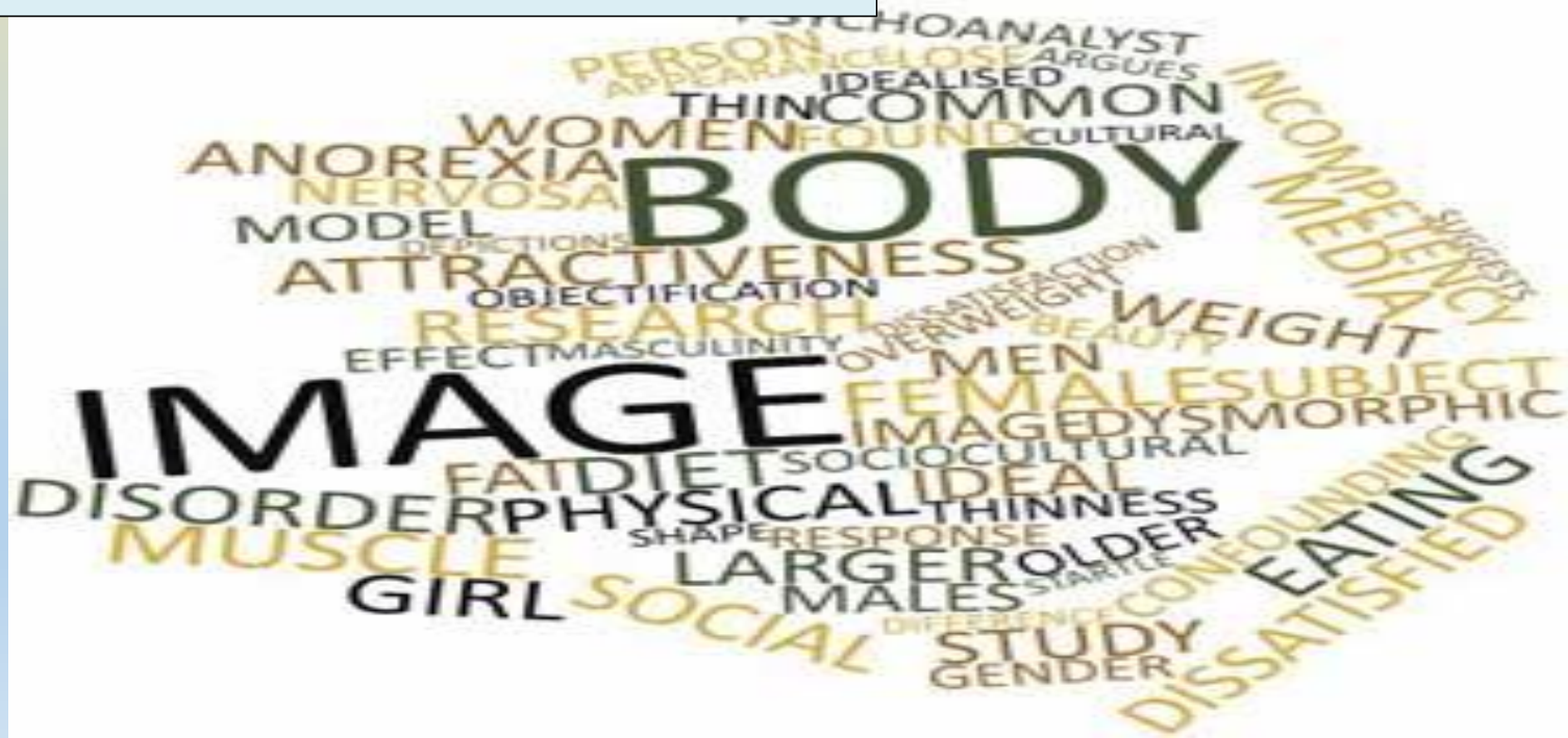*Why do you think it is harder to focus on the good things about ourselves?*

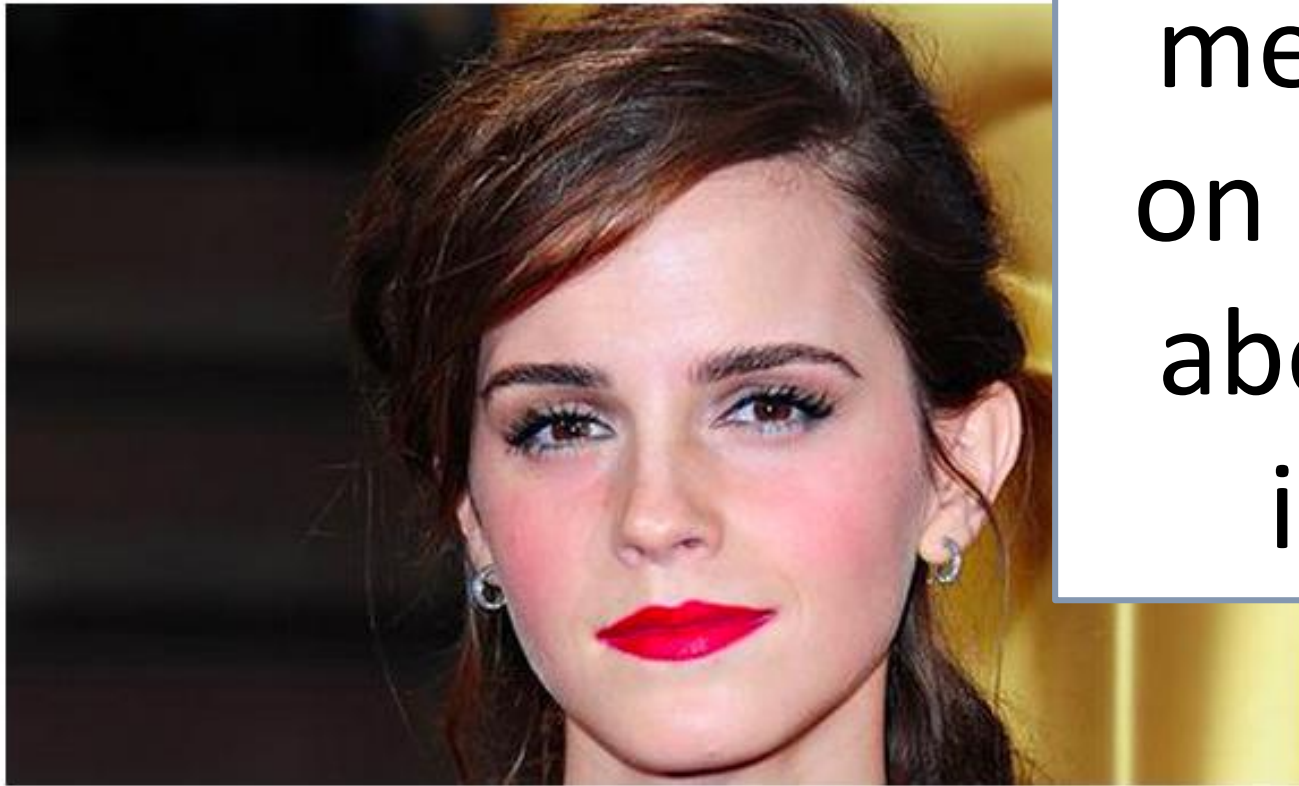# Where do you think our ideas about body image come from?

Emma Watson criticises 'dangerously unhealthy' pressure on young women

Harry Potter actor also describes trying to integrate at Brown University in the US, followed by British photographers

Maev Kennedy
The Guardian, Sunday 30 March 2014 16.19 BST

Jump to comments (329)

What impact does the media have on our ideas about body image?

Group task

In your group look at the magazine images.
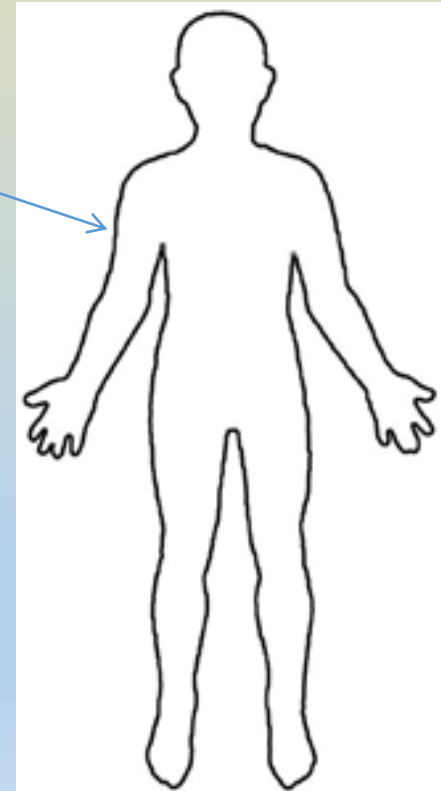
- What do you think about the images?

- What makes the photos different to ones you might have of yourself, for example?

- What are the positive things about the images?

- What are the negative things?

Now you have looked at the images…

- Annotate the body outline with what the media portrays as 'ideal' features

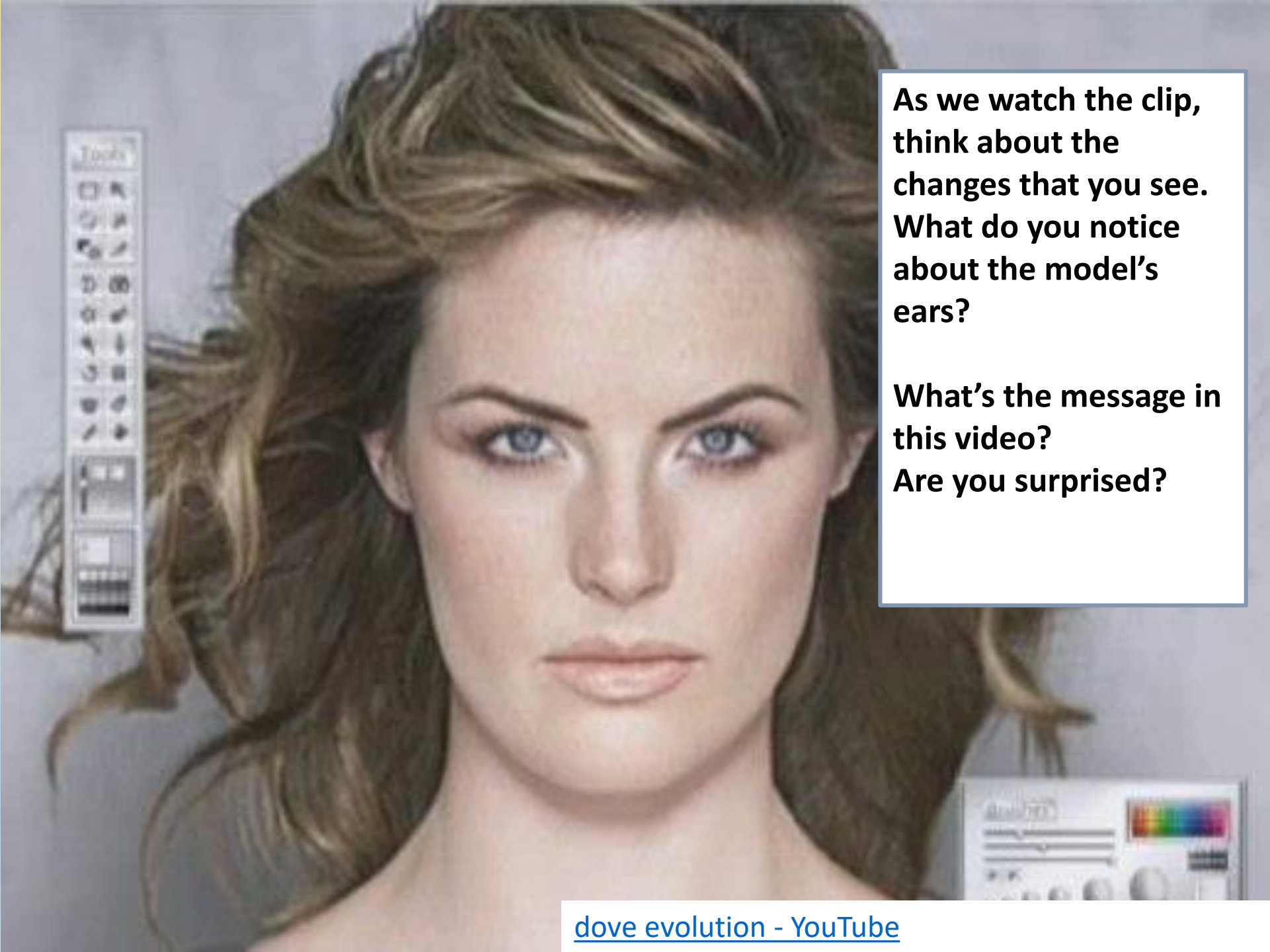For example:

muscles

You can choose a man or a woman

ORIGINAL PHOTO   POSTER VERSION

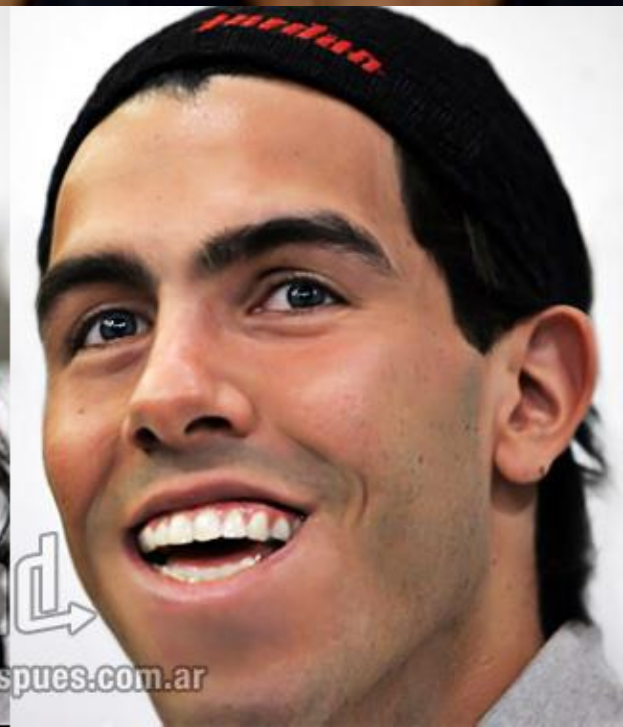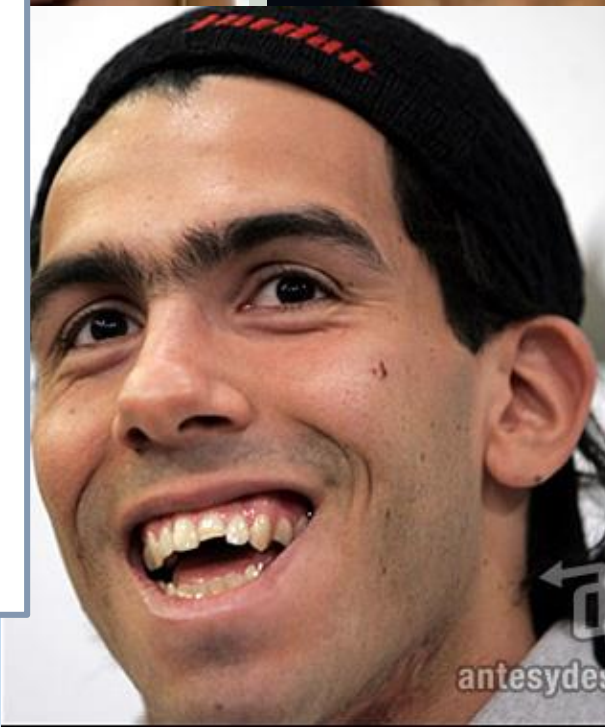Does editing make a difference?

As we watch the clip, think about the changes that you see. What do you notice about the model's ears?

What's the message in this video?
Are you surprised?

dove evolution - YouTube

Women are not the only ones to be airbrushed!

Imagine you are a magazine editor. In pairs read the following statements and rank them starting with the most important first. Give a reason why you ranked the first statement as the most important and a reason why you ranked the last statement as the least important.

1	Include images of wider range of body shapes
2	Include more images of people from ethnic minorities
3	Include more images of people who are larger sizes
4	Place a greater focus on healthy eating rather than dieting features
5	Restrict the number of advertisements using ultra-thin models
6	Ban adverts for plastic surgery
7	Restrict/ ban adverts for diets and diet products
8	Include features on a large range of subjects including jobs and careers, not just on "looking perfect"
9	Do not include features on fashion designers who do not make clothing for larger models

What do you think now?

How much do you think the media (film, TV, magazines) influences the way people want to look?

1	2	3	4	5	6	7	8	9	10

Not at all   Very much