



Body Image and the Media

Take a Stand

This book focuses on the media and body image. Do you agree with what this book says about the media? Why or why not? Write a short essay explaining your opinion. Include your reasons for your opinion, and give some facts and details to support those reasons.



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You Are There

Chapter Four of this book covers the media's effects on viewers. Imagine you are teased because of the way you look. Write 300 words describing what your life is like. How do you feel about yourself? How do you feel about the kids that make fun of you? What do you do when this happens?



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Tell the Tale

This book discusses the media and how people sometimes make extreme choices to look like models or television stars. Write 200 words telling the real story about a boy or girl making choices based on body image. Be sure to set the scene, develop a sequence of events, and write a conclusion.



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Dig Deeper

What questions do you still have about body image and the media after reading this book? Do you want to learn more about eating disorders? Or positive advertising campaigns? Write down one or two questions that can guide you in doing research. With an adult's help, find a few reliable new sources about body image and the media that can help answer your questions. Write a few sentences about how you did your research and what you learned from it.