



Body Image & The Media

On each page, you'll find audio, video, or links to guide your independent learning.

Content Warning

Body image, photographs of bodies, media messages about bodies, impacts of these messages on mental health

This includes activities that will ask you to think about your body image, look at media portrayals of bodies, and listen to how other teens may feel about their bodies. Please reach out to your teacher if you want additional support or to discuss alternate assignments.

Body Image & The Media



Here's an overview of what you'll be doing over the next few days.

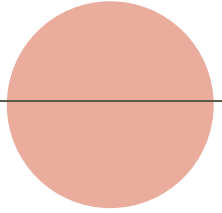
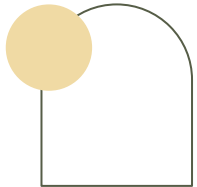
1. [Listen](#) to an excerpt from the book [Starfish](#), by Lisa Fipps.
2. [Watch](#) a video that shows some of the many tools used to create photographs in the media.
3. Use JamBoard to anonymously **reflect** on these resources alongside your classmates.
4. [Explore](#) different resources as you contemplate the media messages you receive daily.
5. Learn to **deconstruct** these messages through examples of social media posts and advertisements.
6. [Apply](#) what you've learned through creation of your own visual media.
7. [Share](#) how you may change your own social media habits to support positive body image.
8. Go further with [additional resources](#) that include video, articles, and library books.

Navigation: At any time, you can click the [pink home button](#) to navigate back to this page. Links are highlighted in **teal**.



I can...

- Summarize the impacts of social media on body image.
- Identify critical questions to ask myself when consuming media.
- Analyze media images for bias, subtext, and other messages.
- Design a visual teaching tool to help others deconstruct media.
- Reflect on my media consumption & evaluate for future changes.

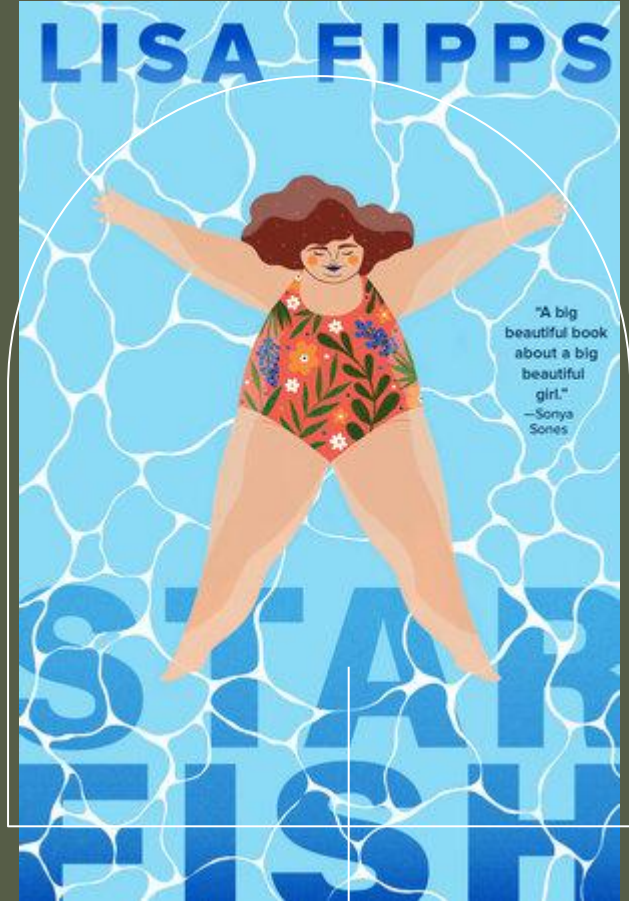




01 Listen



How do Ellie's words make you feel?



Body Image



What do you think about when you hear the words “body image”? Add your thoughts to the first page on our [JamBoard](#).

You don't have to put your name.





Watch & consider.



What media do you consume daily? How might the media you consume impact your body image?
Add your thoughts to the [JamBoard](#) on pages 2 and 3.



Explore.

02

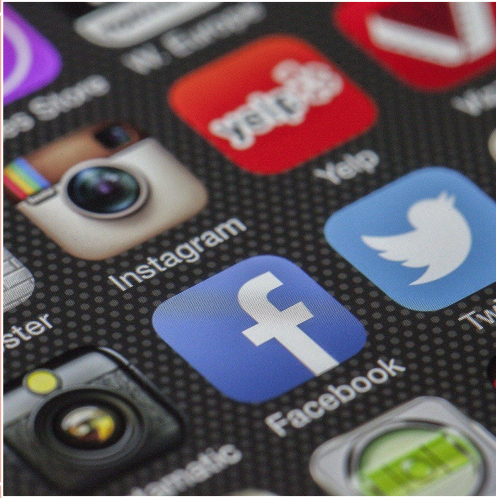
Let's learn more.



Do you use social media? If so, how does your social media compare to your real life?

Do you think your peers do the same thing?

How might this same “picture versus reality” apply to advertisements?



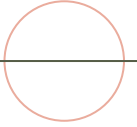
“A recent study found teens who spend more time looking at their friends' photos on social media end up feeling worse about their own bodies, the *New York Times* reports.”

Read [this article from Teen Vogue](#), which recounts some of the research on social media and its impacts. Have you felt these impacts of social media? Are you surprised by any of this? What do you think we should do to reduce the harms of these media messages?

Feel free to follow the links for additional information.



Media Messages



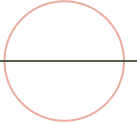
Our media always contains obvious and not-so-obvious (subtext) messages. Some of these messages are helpful. Some can be harmful. It's important to think through what these messages might be. We can decide whether to believe or not believe these messages. We can decide how these messages will impact us. This is building our media literacy.

Learn more [here](#).





Photo Manipulation



Photos are some of the most powerful carriers of media messages. Our eyes process visual images 60,000 times faster than text. So what happens when those photos have been edited? Why might companies -- or your friends -- edit their images? How does that impact the message?

Learn more [here](#).





Examples

Let's deconstruct the media. Click on the graphics to enlarge.

Then, share your thoughts.

DECONSTRUCTING SOCIAL MEDIA

- STOP** **STOP** Stop and look for hidden messages. What catches your attention? What techniques, filters, cropping, etc?
- WHY** Why was this post created? Is there something for sale? To gain followers? Life-brag? FOMO?
- WHAT** What values does this message show? What is the message about appearance, weight, or food?
- WHO** Who is targeted by this message? Who is included? Who is missing? Who benefits from this message?
- HOW** How does this post make you feel? How might others feel about it?

SOCIAL MEDIA INFLUENCERS

"GOOD MORNING" PAJAMAS
What does this imply? Do you think there has been editing? How does the expectation of looking like this first thing in the morning make you feel?

Which influencers get followers? What content? What race, gender, body type?

How do you think they created this image? What tools might they have used?

Like, comment, click! **EXPOSURE = MONEY.** Watch videos; buy stuff.

COMMENT BY CO-INFLUENCER...
What goals do social media posts typically encourage?

HOW MIGHT THESE SAME QUESTIONS APPLY TO EVERYDAY PEOPLE?

Image Credits: Olivia Jade (2021, February 23, Good morning) (Photograph), Instagram. https://www.instagram.com/oliviababebest/; Ethan Dylan (2020, October 14), No slip (Photograph), Instagram. https://www.instagram.com/ethandylan/;

Adapted from: California State University, Northridge & National Eating Disorder Association. (n.d.). Get real: Digital media beauty influencers: a guide. https://www.nationaleatingdisorders.org/real/food/cf/food-social-media/food-social-media

DECONSTRUCTING ADVERTISEMENTS

- STOP** **STOP** Stop and look for hidden messages. What catches your attention? What techniques does the company use?
- WHY** Why was this advertisement created? What does the company want?
- WHAT** What values does this message show? What is the message about appearance, weight, or food?
- WHO** Who is targeted by this message? Who is included? Who is missing?
- HOW** How does this ad make you feel? How might others feel about it?

AMERICAN EAGLE
What do they sell? What do they want from you?

THREE GIRLS, SMILING & HOLDING HANDS.
What do they want you to associate with their clothing?

AMERICAN EAGLE

WHO IS REPRESENTED? WHO IS MISSING?
American Eagle sells up to size 20-24. Do you see those sizes in this advertisement? On their website?

WHAT WOULD IT LOOK LIKE TO VALUE BODY DIVERSITY?

WHAT OTHER MESSAGES DO YOU SEE?

Created by Auriya Vanderlans

Image Credits: American Eagle. (2021, June 30), Cover Photo (Photograph), Facebook. https://www.facebook.com/americanaglegirls/photos/10766822091378190/?type=3&theater

Questions adapted from: California State University, Northridge & National Eating Disorder Association. (n.d.). Get real: Digital media beauty influencers: a guide. https://www.nationaleatingdisorders.org/real/food/cf/food-social-media/food-social-media



Create 04

Choose one of the following projects to apply your new knowledge.



Create Visual Media



01

Real vs. Fake

Use [Pixler](#) or [PiZap](#) to create one “fake” and one “real” social media post. Display them side-by-side on a Google Slide. What might the impacts of your fake social media post be? Add this information to your slide in audio or text format.



02

Deconstruct Ads

Create an visual to educate others on media messages. Using Google Slides, feature an ad with photo of a body. Add information about the messages you deconstruct from the advertisement around the ad.



03

Video PSA

Use [Loom](#) to create your own video PSA for your classmates. Highlight tips for deconstructing media messages in social media, your choice. Remember, you can share your screen with Loom if you'd like to share a visual.

05

Reflect

Will you change anything about your media or social media habits?

Share on [Jamboard](#).





More Resources

Learn more by exploring these additional resources.



Learn more...

[TED Talk: Our Body Image and Social Media: Live Life Unfiltered \(15 min\)](#)

Two teens discuss their experiences with social media, its impact on their mental health, and decisions they've made to improve their social media experience and decrease its harm. They include photographs and personal stories, alongside facts from research on the impacts of social media.

[5 Signs Your Social Media Habits Are Making You Miserable \(Article\)](#)

This Teen Vogue article highlights warning signs that could indicate your social media habits are negatively impacting your mental health. They also offer suggestions on what to do next if you notice that it's happening.

[Social Media Tips to Build Self-Esteem and Positive Body Image](#)

This blog, by an eating disorder recovery organization, highlights ways that you can use social media to positively impact your mental health and body image. They offer specific organizations to follow, habits that you can adopt, and ways to encourage your social circle to all take part.

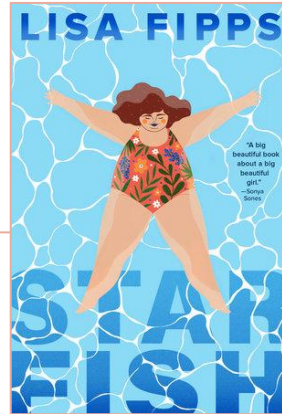
[National Eating Disorder Helpline](#)

This organization offers multiple ways to seek out assistance if you are concerned for yourself or a loved one, including a phone number, chat, and texting. Please reach out to your teacher, family, guidance counselor, or one of these services if you want to talk about this more.



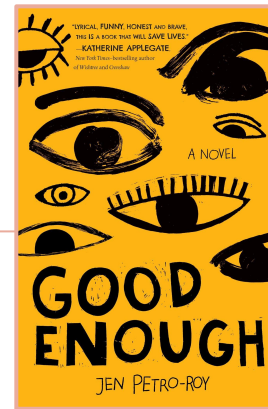
Class Library

Starfish, Lisa Fipps

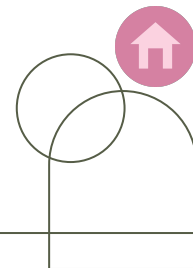


This novel-in-verse features a protagonist who is experiencing bullying and shame due to her weight, including from her family.

Good Enough, Jen Petro-Roy

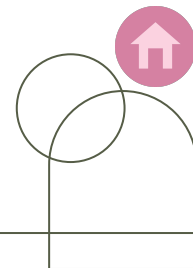


This novel features a protagonist with an eating disorder and her journey to recovery. It is based on the author's real life experiences with eating disorder recovery.



Grade 6-8 SOLs

- **English 6.3, 7.3:** The student will understand the elements of media literacy.
- **English 8.3:** The student will analyze, develop, and produce creative or informational media messages.
- **English 6.7, 7.7, 8.7:** The student will write narration, description, exposition, and persuasion.
- **Health 6.1p:** Define body image and explain the importance of having a positive body image.
- **Health 6.1u:** Explain the importance of personal boundaries for physical, emotional, and social health.
- **Health 6.2p:** Describe how culture, media, and other external factors influence perceptions about body image.
- **Health 6.3p:** Analyze the influence of media on issues related to body image.
- **Health 7.1s:** Identify healthy verbal, nonverbal, written, and visual communication.
- **Health 7.3s:** Demonstrate healthy verbal, nonverbal, written, and visual communication skills.
- **Health 8.1r:** Identify factors that can influence mental health (e.g., family, environment, trauma, genetics, brain chemistry, health behaviors, nutrition, personal values, peers, media, technology, culture, community).
- **Health 8.2p:** Explain the importance of developing relationships that are positive and promote wellness.
- **Health 8.3p:** Ability to develop safe, respectful, and responsible relationships.



AASL Standards

- **Inquire / Think:** Recalling prior and background knowledge as context for new meaning.
- **Inquire / Create:** Generating products that illustrate learning.
- **Inquire / Share:** Interacting with content presented by others and sharing products with an authentic audience.
- **Inquire / Grow:** Using reflection to guide informed decisions.
- **Include / Think:** Adopting a discerning stance toward points of view and opinions expressed in information resources and learning products.
- **Curate / Create** Systematically questioning and assessing the validity and accuracy of information.
- **Explore / Think:** Reflecting and questioning assumptions and possible misconceptions.
- **Explore / Create:** Persisting through self-directed pursuits by tinkering and making.
- **Engage / Think:** Responsibly applying information, technology, and media to learning; understanding the ethical use of information, technology, and media; and, evaluating information for accuracy, validity, social and cultural context, and appropriateness for need.
- **Engage / Share:** Disseminating new knowledge through means appropriate for the intended audience and inspiring others to engage in safe, responsible, ethical, and legal information behaviors.



Resources

Behind the News. (2019, December 9). *Instagram vs reality: How social media can affect body image* [Video]. YouTube. <https://www.youtube.com/watch?v=z2T-Rh838GA&t=1s>

Dove. (2006). *Dove: Evolution of a model* [Video]. YouTube. <https://www.youtube.com/watch?v=s2gD80jv5ZQ>

Dove US. (2021, April 20). *Reverse selfie* [Video]. YouTube. <https://www.youtube.com/watch?v=z2T-Rh838GA&t=1s>

Eckern, B. (2018, April 30). *Social media tips to build self-esteem and positive body image*. Eating Disorder Hope. <https://www.eatingdisorderhope.com/blog/social-media-tips-self-esteem>

Fipps, L. (2021). *Starfish*. Nancy Paulsen Books.

GCF Global. (n.d.). Deconstructing media messages. *Digital Media Literacy*. <https://edu.gcfglobal.org/en/digital-media-literacy/deconstructing-media-messages/1/>

GCF Global. (n.d.). The problem with photo manipulation. *Digital Media Literacy*. <https://edu.gcfglobal.org/en/digital-media-literacy/the-problem-with-photo-manipulation/1/>



Resources

McNamara, B. (2016, March 24). 5 signs your social media habits are making you miserable. Teen Vogue. <https://www.teenvogue.com/story/signs-social-media-is-making-you-miserable>

McNamara, B. (2016, August 12). Looking at instagram could make your grades and body image worse. *Teen Vogue*. <https://www.teenvogue.com/story/instagram-grades-body-image-effects>

National Eating Disorders Association. (n.d.). Contact the helpline. <https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Petroy-Roy, J. (2019). *Good Enough*. Feiwel & Friends.

Simpson, K. & Simpson, T. (2019, December 9). Our body image and social media: living life unfiltered [Video]. TEDx. https://www.youtube.com/watch?v=iWc5rQ_YvYw

Credits

Slide Templates: SlidesGo. (n.d.) *Love Your Body Social Media* [Template]. Retrieved from <https://slidesgo.com/theme/love-your-body-social-media#search-body&position-1&results-65>

Slide 1: Un_perfekt. (2018, November 6). *Human-black-white-hands-triangle-3789910* [Photograph]. Pixabay. <https://pixabay.com/photos/human-black-white-hands-triangle-3789910/>

Slide 6: Victoria_Borodinova. (2021, March 29). *Old-mirror-reflection-boy-6133873* [Photograph]. Pixabay. <https://pixabay.com/photos/old-mirror-reflection-boy-6133873/> CC Zero

Slide 8: Billie. (2018, June 26). K2vn6he4IDQ [Photograph]. Unsplash. <https://unsplash.com/photos/k2vn6he4IDQ> CC Zero

Slide 10: LoboStudioHamburg. (2014, March 23). *Phone-display-apps-applications-292994* [Photograph]. Pixabay. <https://pixabay.com/photos/phone-display-apps-applications-292994/> CC Zero

Slide 14: AllGo - An App for Plus Size People. (2019, November 15). *DsCfI94sWz4* [Photograph]. Unsplash. <https://unsplash.com/photos/DsCfI94sWz4> CC Zero

Slide 15 left: tookapic. (2015, September 18). *Selfie-portrait-phone-mobile-931908* [Photograph]. Pixabay. <https://pixabay.com/photos/selfie-portrait-phone-mobile-931908/> CC Zero

Slide 15 center: Stevenlondon. (2015, January 2). *Advertising-prada-billboard-586130* [Photograph]. Pixabay. <https://pixabay.com/photos/advertising-prada-billboard-586130/>

Slide 15 right: PhotoMIXcompany. (2018, February 16). *Lens-equipment-video-digital-camera-3143893* [Photograph]. Pixabay. <https://pixabay.com/photos/lens-equipment-video-digital-camera-3143893/> CC Zero

Slide 16: Natureaddict. (2016, July 17). *Pokemon-games-digital-electronics-1543556* [Photograph]. Pixabay. <https://pixabay.com/photos/pokemon-games-digital-electronics-1543556/> CC Zero

Slide 17: AllGo - An App for Plus Size People. (2019, August 6). *Dg06e_wbhUs* [Photograph] Unsplash. https://unsplash.com/photos/dg06e_wbhUs

Home Button: Texler. (2017, June 14). Start<<top>>house-icon-home-2398819 [Photograph]. Pixabay. <https://pixabay.com/illustrations/start-%c2%abtop%c2%bb-house-icon-home-2398819/>

