

# health trek



LESSON 7

# body image



health  
trek

# Today's Objectives

- Learn there is no ideal body size, shape, or weight that individuals should strive to achieve
- Understand the impact advertising has on the way we view our bodies
- Apply and demonstrate knowledge about the relationship between advertising and body image



# Activity 1: Self Perception

1. Please take out a scratch piece of paper and a writing utensil.
2. Put the tip of the writing utensil in the middle of the paper.
3. Close your eyes and follow the directions.

# Activity 1 Conclusion

- Do the self-portraits look like the image we see in the mirror?
- Does our mental image accurately reflect our physical image?
- What influences the way we see ourselves?

# Activity 2: Body Image Survey

- Do not put your names on this survey.
- When you are finished with the survey turn it over on your desk.

# Activity 2 Continued

- Notice the “Agree” “Disagree” and “Don’t Know” signs around the room.
- When I read the question move around the room to the answer that is on your paper.
- Remember that you do not have your own paper so this is not a reflection of how you truly feel.

# Activity 3:

## Tell Them What You Think

- Do you read magazines?
- Which ones?
- What do you think of the models in magazines?

# Activity 3 Continued

- Complete the front page of the ***Body Image Magazine Activity*** student handout as you look through the magazines on your desk.
- Complete the back page by writing a postcard to the magazine editor about a specific ad and include all the necessary information.