

Body Image and the Media

Use this activity to begin a discussion with your daughter or any girl in your life about the media and its effects on girls.



Goals (5 minutes)

- Deconstruct notions of beauty and body image in the media
- Encourage the girls to be critical of representations in the media
- Discuss the link between representations of beauty and body image in the media and how that affects girls' self esteem and health



Collages (20 minutes)

Look at various popular girl magazines (ElleGirl, YM, Teen Vogue, Teen, Teen People, Seventeen, Teen Voices). Have your daughter cut out whatever she wants from the magazines, and create a collage that represents what it means to her to be a girl. Have your daughter explain what she picked and why.



Deconstructing Print Media (20 minutes)

Purpose: To gain an understanding and look critically at images presented in magazines. Pick out 2 or so ads that stand out. List what product each ad is selling (in one column) and what other ideas are being sold (in the other column).



Discuss with your daughter (15 minutes)

- What kind of effect does it have on you to see these images? What effect is the ad trying to have on you?
- How does this picture make you feel?
- What do all these ads have in common?
- Who benefits from you buying the product?
- Whose interest do the advertisers have at heart?

***If you have Internet access, check out these sites:**

<http://homepage.mac.com/gapodaca/digital/bikini/index.html>

<http://homepage.mac.com/gapodaca/digital/sweater/index.html>

<http://homepage.mac.com/gapodaca/digital/blonde/index.html>

Check out these sites to see why we say there are no perfect faces, bodies, hairdos despite what advertisers want you to believe. At the site, move your cursor over the image to see the changes and click on the thumbnail pictures to the left to see in greater detail what's been altered.

(If you choose to use these sites, allow 10 minutes and cut sections 2 and 3 about 5 minutes short each.)

