

Name \_\_\_\_\_

## Understanding Body Image: How Does the Media Influence It?

### Open-Ended Response Questions

1. Share a personal experience or observation where media influence had a significant impact on someone's body image. How did it affect them, and what steps could have been taken to mitigate the negative effects?
2. Imagine you are a school counselor. How would you educate students about media literacy and its role in shaping body image? What strategies or activities would you use to promote a healthier body image among students?
3. Discuss the importance of diversity in media representation of beauty standards. How can media outlets and advertisers contribute to a more inclusive portrayal of beauty?
4. Describe a scenario where a group of friends is discussing their dissatisfaction with their bodies due to media influence. How would you intervene and provide support to promote a positive body image within the group?

