

Name _____

Understanding Body Image: How Does the Media Influence It?

Short Answer Key

1. Media literacy involves the ability to critically analyze and understand media messages. It is important in dealing with media influence on body image because it helps individuals recognize when images are digitally altered, question the motives of advertisers and media outlets, and understand that real beauty is diverse and cannot be defined by a single standard.
2. Consequences of a negative body image can include low self-esteem, depression, anxiety, eating disorders, excessive exercise, and physical health problems due to extreme dieting or unhealthy behaviors.
3. An example could be how fashion magazines frequently airbrush or digitally edit images of models to remove imperfections, creating an unrealistic standard of flawless beauty.
4. Individuals can promote a positive body image by practicing self-acceptance, emphasizing the value of diversity in beauty, avoiding comparison with unrealistic media ideals, and encouraging self-esteem and self-worth based on qualities beyond physical appearance.
5. Critical thinking is essential because it helps individuals question and evaluate the messages conveyed by the media. It enables people to discern between reality and idealized representations, recognize digital manipulation, and make informed decisions about how media content may affect their body image.

