

Name _____

Understanding Body Image: How Does the Media Influence It?

Open-Ended Response Answer Key

1. (This response will vary depending on personal experiences or observations.)
2. (This response should outline strategies and activities a school counselor might use to educate students about media literacy and promote a healthier body image. Possible answers could include workshops, discussions, media analysis exercises, and guest speakers.)
3. (This response should emphasize the importance of diverse representation in media, how it can boost self-esteem, and encourage media outlets and advertisers to showcase a wide range of body types, ethnicities, and backgrounds.)
4. (This response should outline a hypothetical scenario and provide strategies for intervention, such as facilitating open and empathetic communication, challenging unrealistic beauty ideals, and encouraging self-acceptance.)

