

# Body Image



## Lessons

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“ I usually **feel pretty good** about **myself**. But sometimes I feel **uncomfortable** around my friends.

I feel like they all look better than I do. I feel bad when I think that I am not thin enough to wear cool clothes. How can I make myself feel better? ”

## Health IQ

### PRE-READING

Answer the following true/false questions to find out what you already know about body image and eating disorders. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. Exercising too much is bad for you.
2. You can improve how you feel about your body by eating well and staying physically active.
3. Eating disorders affect only girls and women.
4. Your body image is important only when you are at school.
5. Your body image affects how you face new challenges.
6. Following fad diets is not harmful to your health.
7. A person with a healthy body image wants to change their body in some way.
8. The photographs you see on TV and in magazines influence your body image.
9. Eating disorders are only a phase, and most people don't suffer from them for a long time.
10. Being realistic about your body can help you have a healthy body image.
11. Dieting is an unhealthy eating behavior.
12. Staying physically active can help you maintain a healthy weight.

ANSWERS: 1. true; 2. true; 3. false; 4. false; 5. true; 6. false; 7. false; 8. true; 9. true; 10. true; 11. true; 12. true

# Lesson 1

## An Image of Yourself

### What You'll Do

- Explain why body image is important.
- Compare healthy body image with unhealthy body image.

### Terms to Learn

- body image

### Start Off Write

How can your body image affect your life?

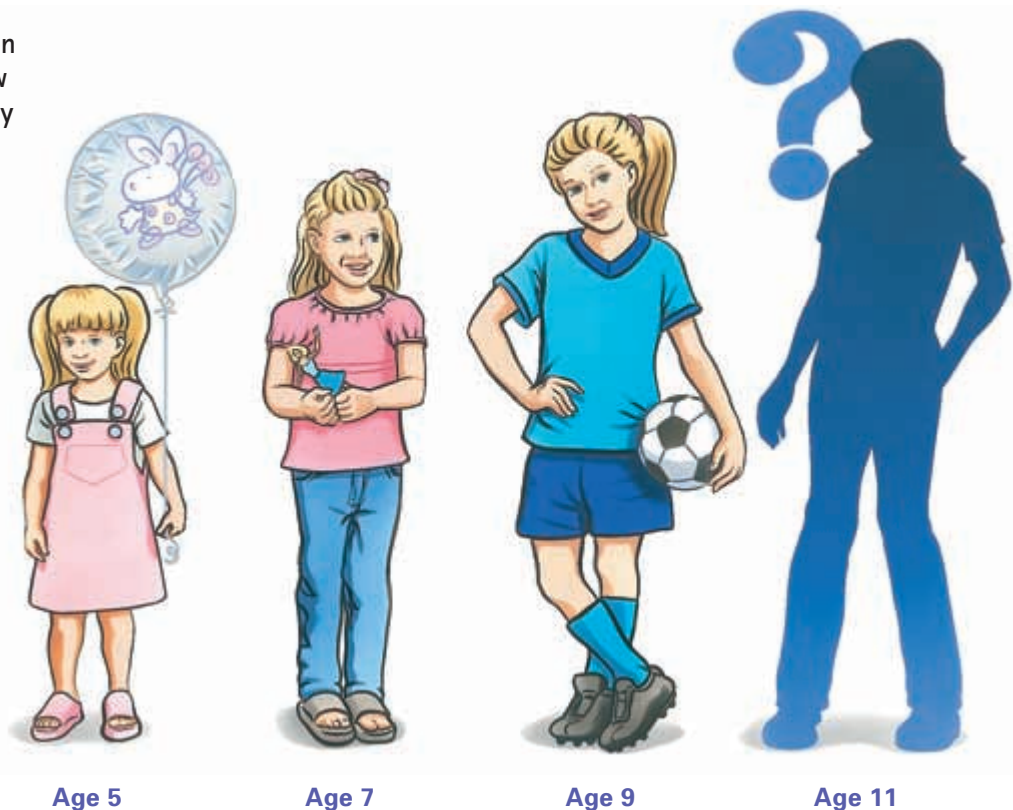
Sachiko was getting frustrated. She had put on three different outfits before leaving for school. Still, she couldn't find an outfit that looked good on her.

Many teens, boys and girls, have had days like Sachiko's. Most likely, Sachiko looked fine in all of her outfits. It was how she saw herself that made her change her clothes several times.

### How You See Yourself

Many teens feel confused about their appearance at one time or another. Such feelings are a normal part of becoming an adult. The way you see yourself, the way you feel about your appearance, and your level of comfort with your body is called your **body image**. Your body image is very important. How you feel about your body can affect the way you deal with many situations. If you feel comfortable with your body, you will be more likely to have confidence when you are faced with new challenges. If you are uncomfortable with your body, you may feel like changing how your body looks. These feelings can lead to some unhealthy behaviors.

**Figure 1** It is very common to be confused about how you should look, especially in middle school.



## Healthy Body Image

A healthy body image means that a person feels good about the way he or she looks. People who have a healthy body image are comfortable with their appearance. They accept their bodies, and they don't feel the need to change anything about their bodies. People who have a healthy body image are not easily influenced by what people say about their appearance or by what they see on TV or in magazines. Accepting and feeling good about your appearance helps you build healthy self-esteem. Having a healthy body image can help you feel confident in new situations.



**Figure 2** Erik thinks his nose and ears are too big. But in reality they are not. Erik may have an unhealthy body image.

## Unhealthy Body Image

An unhealthy body image means that a person is not comfortable with the way that he or she looks. People who have an unhealthy body image tend to compare themselves with others. They want to change the way they look. And people who have an unhealthy body image might take part in unhealthy behaviors. These behaviors include fad dieting and eating disorders. Also, people who have an unhealthy body image may develop low self-esteem. Low self-esteem may cause them to avoid their friends because they don't feel good enough for their friends. Or they may become less active in class, which can hurt their grades.

### Lesson Review

#### Using Vocabulary

1. In your own words, define *body image*.

#### Understanding Concepts

2. Why is having a healthy body image important?
3. What are some characteristics of having an unhealthy body image?

#### Critical Thinking

4. **Analyzing Viewpoints** Both Megan and Julie have curly hair. Megan doesn't like her hair, and she spends a lot of time trying to straighten her hair. Julie, however, got a haircut that makes her curly hair look really good. Which of these girls has a healthy body image?

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Topic: **Body Image**  
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# Lesson 2

## Influences on Body Image

### What You'll Do

- **Identify** four factors that influence body image.
- **Explain** how people in your life can be both positive and negative influences on your body image.

### Start Off Write

How can your peers influence your body image?

Sarah is athletic, and her friends often call her a tomboy. Although Sarah enjoys sports, being called a tomboy makes her feel uncomfortable, especially around the other girls at school.

Sarah's friends may be affecting her body image. Sometimes other people's comments affect your own thoughts about your body. Almost anyone can affect your body image—even people in magazines and on TV.

### Your Family and Your Body Image

Your body image began to develop when you were a baby. It will continue to develop as you grow older. All of your life, your body image is affected by the people around you. Right now, your family can be the largest influence on your body image. Your family is a great source of positive support. When they say good things about your appearance, they help you feel good about your body. However, sometimes your family may say things about your body that hurt your feelings. Most likely, your family is not trying to hurt your feelings. But these comments can hurt your body image—especially if you are already uncomfortable with your body.

**Figure 3** Spending time with your family can be a positive influence on your body image.



## People at Your School

People at your school also affect your body image. These people include your friends, peers, teachers, and coaches.

- **Friends** Your friends can be good influences on your body image if they support you when you feel uncomfortable with your body. However, a friend may criticize the way you look without realizing it. If you already feel uncomfortable about your body, these comments could hurt your body image.
- **Peers** Peers are people you know who are your age. Your peers may take part in teasing or bullying. When a peer says something negative about your appearance, your body image may be hurt. If you have a healthy body image, negative comments from peers will not bother you very much.
- **Teachers** Your teachers may also affect your body image. Teachers encourage you to be successful at schoolwork. However, like anyone else, a teacher may say something about your appearance that makes you feel bad.
- **Coaches** Coaches help and encourage you to be successful at physical activities. In some sports, however, your physical characteristics may affect how well you play. A coach may make a comment about your body that hurts your feelings. For example, a coach may tell you to gain weight to fit into a certain weight class for a wrestling meet. If this happens, keep in mind that your coach does not mean to hurt your feelings. Being comfortable with your body will keep your feelings from getting hurt by such comments.

**Figure 4** Your friends can help you build a healthy body image by providing encouragement when you are feeling unsure about yourself.



**Figure 5** Models in magazines may be unusually thin. Try to keep this in mind as you read magazines.



## Magazines

You may realize that you are influenced by the people around you. You talk to these people every day. Sometimes, they say things that make you feel good. Other times, they may make you feel pretty bad. It may be harder for you to see that you are influenced by magazines, too.

Many magazines have teen models. The girls are often very thin. The boys are often very muscular. Teens' bodies are changing all of the time. And many teens feel confused about how they are supposed to look. Some teens may look at magazines and think that they should look like those models. They may start to feel fat, weak, or ugly. But just look around you. Do the students in your class look like those models? How many of the girls are really that thin? How many of the boys have big muscles? Probably very few do. These unrealistic images can hurt a teen's body image.

## Hands-on **ACTIVITY**

### HEALTHY IMAGES

1. Using a variety of teen magazines, cut out pictures of teens who look healthy.
2. Then, cut out pictures of teens who are made to look unusually thin or muscular.

### Analysis

1. Which types of magazines had more photographs of typical people than photographs of unusually thin or muscular people?

2. How many photographs of typical people did you find? How many photographs of thin or muscular people did you find?
3. In your own words, explain why the photographs in magazines may have an influence on a person's body image.

## Television and Body Image

Like the models in magazines, the people we see on TV are unusually thin or muscular. Often, teens compare themselves with the people they see on TV. These teens find that they don't look like the people they see on TV. Then, the teens may want to change their bodies. People come in all shapes and sizes. But people on TV are not typical. They may be unusually pretty, thin, or muscular. Seeing the people on TV can hurt a person's body image.

If you find that you compare yourself with the people you see on TV, remember that these people are made to look a certain way. Remember that many techniques are used to enhance the way people look on TV. If you have a healthy body image, you won't compare yourself as much. And even if you do compare yourself, you won't want to change your body.

### SOCIAL STUDIES ACTIVITY

Different cultures idealize different body types for men and women. Research the body types that are considered beautiful for several cultures. How do the idealized body types compare to each other?



**Figure 6** Teens who have an unhealthy body image may want to change their bodies to look like the people they see on TV.

## Lesson Review

### Understanding Concepts

1. Explain how your family can be a positive influence on your body image.
2. How can your friends and peers be a positive influence on your body image? How can they be a negative influence on your body image?

3. What are four factors that affect your body image?

### Critical Thinking

4. **Analyzing Viewpoints** Why is a teen who has a healthy body image less likely to be negatively influenced by friends, peers, magazines, and TV?



# Lesson 3

## Building a Healthy Body Image

### What You'll Do

- **Describe** two factors that affect the size and shape of your body.
- **Explain** how being realistic can help you build a healthy body image.
- **Explain** how eating well and staying active can affect your body image.

### Start Off Write

What can you do to build a healthy body image?

Reena felt like everyone was staring at her when she arrived at Cristina's party. Everyone was wearing shorts, but Reena was wearing jeans. Reena thinks her legs have a funny shape, and she doesn't like people to see them.

Have you ever felt the way Reena does about herself? It could be your hair, skin, arms, legs, or height—almost anything—that you don't like. Most people would like to change something about their body. Sometimes, people even think that they aren't "normal."

### What Is Normal, Anyway?

You may find yourself asking this question a lot. But there is no such thing as "normal." Teens come in many shapes and sizes. There are certain factors that affect the size and shape of your body. How you look has a lot to do with how your parents look. How you look also has to do with your ethnicity. Accepting

your body is an important part of building a healthy body image. Practicing good nutrition and staying active also help you build a healthy body image. A healthy body image can give you more confidence. Reena's body image was pretty low at Cristina's party. If she had felt better about herself and her body, she may have had more fun.



**Figure 7** There is no such thing as "normal." People come in all shapes and sizes.

## LIFE SKILLS ACTIVITY

### EVALUATING MEDIA MESSAGES

In small groups, use pictures of your classmates, brothers, sisters, parents, and other family members to create a poster. Then, using photographs from

magazines, create a second poster. Finally, make a list of the similarities and differences between the two posters.

## Be Realistic

The first step to having a healthy body image is to understand what a healthy body image means. A healthy body image means being comfortable with your body and your appearance. Being comfortable with yourself will help you be comfortable with other people. It will also help you face the many challenges in your life.

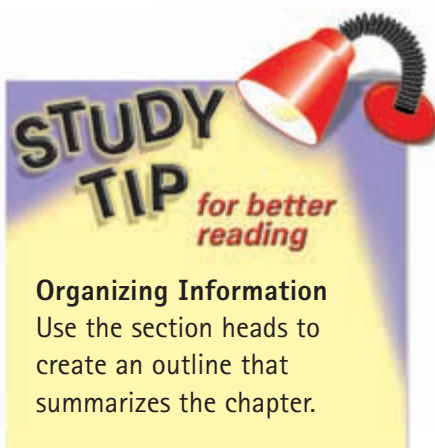
The second step to having a healthy body image is to be realistic about your body. You have to learn to accept your body. To accept your body, you need to be realistic about your size and weight. Every person has a different healthy weight range. Your healthy weight range depends on how tall you are and on the size of your body frame.

The body mass index is a tool that can help you find your healthy weight range. A person's body mass index is a number that describes his or her weight in relation to height. You can find a table of these numbers in the appendix of this book.



**Figure 8** Joe is realistic about his body and is comfortable with his appearance. He has a healthy body image.

**Figure 9** Practicing good nutrition is one way to build a healthy body image.

**STUDY TIP** *for better reading*

**Organizing Information**  
Use the section heads to create an outline that summarizes the chapter.

## Eat Well, Feel Well

When you practice good nutrition, you are taking care of your body. Taking care of your body is a good way to build a healthy body image. Eating well helps you feel good because you are doing something good for your body. Eating healthy foods will give you the energy to stay active. A healthy diet will also help you keep a healthy weight. The table below shows you some tips for making good nutritional choices.

**TABLE 1** Tips for Eating Well

<b>Eat a lot of fresh fruits and vegetables every day.</b>	Include fruits and vegetables in each meal that you eat. Try having a piece of fruit at breakfast and at lunch. Also, try eating bananas, apples, oranges, or raisins for snacks.
<b>Drink plenty of water every day.</b>	Water helps keep your body functioning properly. Make sure to drink at least 8 to 10 glasses of water each day. If you play sports, you should drink more than 10 glasses a day.
<b>Eat foods low in fat.</b>	Eating too many fatty foods can lead to weight gain. These foods include french fries and potato chips. Sweets such as donuts and pastries are also high in fat.
<b>Eat foods low in sugar.</b>	Foods that are high in sugar are often high in Calories. Sugary foods include candy bars, hard candies, cakes, and cookies.
<b>Eat foods low in salt.</b>	Eating foods that are high in salt can make you feel sluggish. These foods include salty snacks, such as potato or corn chips. Many fast foods are also high in salt.

## Move That Body!

Another way to build a healthy body image is to be physically active. Regular physical activity helps you feel comfortable with your body. Being active also helps you maintain a healthy weight.

Many teens don't like to play sports, which is OK. There are many other ways to be active. Sometimes, you may not even notice that you're exercising. Playing outside with your friends is a great way to be active. You can also be active by walking to school, riding your bicycle, raking leaves, or walking your dog. And don't forget that activities such as dancing, in-line skating, or even helping to clean the house are good ways to stay active, too!

### Health Journal

How do you stay physically active? In your Health Journal, write down 2 or 3 physical activities that you enjoy. Then, make a list of physical activities that you would like to try. Make a plan to try one of these activities soon.



**Figure 10** You don't have to join a sports team to be active. You can be active while playing with your friends.

## Lesson Review

### Understanding Concepts

1. Describe two factors that affect the size and shape of your body.
2. Name three ways to build a healthy body image.
3. How does eating well help your body image?

4. List three ways to be physically active without playing a sport.

### Critical Thinking

5. **Analyzing Ideas** Why is building a healthy body image important?

# Lesson 4

## Eating Disorders

### What You'll Do

- **Explain** how unhealthy eating behaviors may affect a person's health.
- **Describe** a fad diet.
- **Give** three examples of eating disorders.
- **Summarize** two strategies for giving and getting help for an eating disorder.

### Terms to Learn

- eating disorder
- anorexia nervosa
- bulimia nervosa
- binge eating disorder

### Start Off Write

Why should you be suspicious of fad diets?

Andy is not very comfortable with his appearance. In fact, he thinks he is too skinny. Andy saw an advertisement on TV for a muscle-building pill that will help him gain weight quickly.

Often, when someone has an unhealthy body image, he or she may try to change something about his or her body. In this case, Andy wants to take pills to help him gain weight. Do you think this decision is a healthy choice for Andy?

### Unhealthy Eating Behavior

Although many people feel uncomfortable with their bodies at some point, some people may feel so bad that they develop unhealthy eating behaviors. These people may try to change their bodies. They may go on a diet, skip meals, take diet pills, or even eat large amounts of food at one time. These actions are called *unhealthy eating behaviors*.

Unhealthy eating behaviors can affect a person's growth and development. They can also develop into eating disorders, which are diseases that can be very dangerous to a person's health.

A healthy body image can prevent a person from practicing unhealthy eating behaviors. However, learning about some common unhealthy eating behaviors and eating disorders is important. Many teens don't realize how dangerous these behaviors can be. Knowing your healthy weight range and being comfortable with your body size and shape can prevent you from taking part in unhealthy eating behaviors.



**Figure 11** Taking pills that claim to change your body is an unhealthy eating behavior.

## Fad Diets

You may have seen ads on TV or billboards that say, “Lose 30 pounds in 30 days!” This promise is a sure sign of a fad diet. A *fad diet* is an eating plan that promises quick weight loss with very little effort. Fad diets usually require you to buy special products from the company selling the diet. These products can range from pills to special drinks or powdered shakes.

Fad diets can be dangerous. Many fad diets require you to eat in unhealthy ways. These diets often do not provide the nutrients that your body needs to stay healthy. People who do lose weight on a fad diet usually gain all of the weight back once they stop following the diet. Fad diets do not work over time. If you are worried about your weight, check with your family doctor to see if you have a weight problem. Together, you and your doctor can create an eating plan that is right for you.



**Figure 12** When it sounds too good to be true, it probably is!

## What Is an Eating Disorder?

You have probably heard of eating disorders, but you may not know exactly what they are. An **eating disorder** is a disease in which a person is overly concerned with his or her body weight and shape. Eating disorders affect thousands of people in the United States each year. Eating disorders affect people of all ethnicities, all income levels, and both genders. Most of these people are women and girls. However, men and boys are also affected. People with eating disorders are usually very unhappy with how they look. They constantly worry about their weight. They may also suffer from depression and anxiety. Eating disorders can be cured with the help of a doctor. Unfortunately, without medical help, a person can die from an eating disorder.

**Myth & Fact**

**Myth:** Only girls develop eating disorders.

**Fact:** Eating disorders affect girls, boys, women, and men of all cultures.

**TABLE 2** Some Causes of Eating Disorders

- depression
- feelings of lack of control in one's life
- history of physical or sexual abuse
- troubled family and personal relationships
- low self-esteem
- unhealthy body image

## Brain Food



Studies show that 42 percent of 1st through 3rd grade girls want to be thinner. The studies also show that 81 percent of 10-year-old girls and boys are afraid of being fat.

## Anorexia Nervosa

Anorexia nervosa is a serious and potentially life-threatening eating disorder. **Anorexia nervosa** is an eating disorder in which a person stops eating food because he or she is obsessed with being thin. People who have anorexia nervosa think they are fat even though they may already be very thin. In addition, they are very afraid of being or becoming fat. So, they starve themselves in order to stay as thin as possible. Over time, people who suffer from anorexia nervosa will become very thin. They may also suffer from symptoms such as dry skin, brittle nails, and hair loss. Fortunately, anorexia nervosa can be treated. If left untreated, however, this eating disorder may cause permanent damage to a person's organs. A person may even starve to death.

## Bulimia Nervosa

People who suffer from bulimia nervosa are afraid of gaining weight, but they do not starve themselves. **Bulimia nervosa** is an eating disorder in which a person eats large amounts of food at one time and then gets rid of the food before the body can digest it. Eating a large amount of food at one time is called *bingeing*. After bingeing, people who suffer from this disorder feel ashamed that they ate so much food. They are also afraid they will gain weight. So, they try to get rid of the food by *purging*. They purge by making themselves vomit or by taking laxatives (LAKS uh tivs) or diuretics (DIE you RET iks). Laxatives are drugs that make you have a bowel movement. Diuretics are drugs that make you urinate. Sometimes, people who suffer

from bulimia nervosa may also over-exercise to burn the extra Calories from the food they eat. The cycle of bingeing and purging is very harmful to a person's body, and eventually it will damage many body systems. Bulimia nervosa can be treated. Left untreated, however, bulimia nervosa can be fatal.

**Figure 13** People who suffer from anorexia nervosa or bulimia nervosa have a very unhealthy body image.



## Binge Eating

Some people eat too much food. **Binge eating disorder** is an eating disorder in which a person has difficulty controlling how much food he or she eats. People who suffer from binge eating disorder do not purge. They often feel ashamed after they binge. A person with this disease may suffer from depression. People who have binge eating disorder often become overweight. If they do not get help, people who have this disorder may become *obese*, which means “extremely overweight.” They may develop health problems that stem from being obese. These problems include high blood pressure and heart problems.

## Giving and Getting Help

Here are some tips to get help if you feel you or a friend may have unhealthy eating behaviors or an eating disorder.

- **If you are concerned about your eating behavior, tell someone.** Talk to a parent or another trusted adult. Also, talk to a professional who understands eating behaviors, such as a doctor or counselor. Once you decide to talk to someone, choose a time and a place where you can talk in private. Then, share your feelings. Explain to this person what you are going through. Together, you can plan a way to get well.
- **If you are concerned for a friend, be honest with him or her.** Talk openly with your friend about your concerns. Be caring, and understand that your friend may be scared. Also, tell a trusted adult, such as a parent or a counselor, about your concerns.

### LIFE SKILLS ACTIVITY

#### COMMUNICATING EFFECTIVELY

Imagine that you are concerned about a friend's eating behaviors. List the steps you would take to help him or her. Describe how you would talk with your friend about your feelings.

## Lesson Review

### Using Vocabulary

1. What is an eating disorder?
2. What is anorexia nervosa?

### Understanding Concepts

3. Describe a fad diet.
4. Explain how unhealthy eating behaviors may affect a person's health.

### Critical Thinking

5. **Making Good Decisions** You notice that your friend has become very concerned about her weight and body shape. Recently, she has been skipping lunch. What do you think may be wrong? What will you do?
6. **Analyzing Concepts** How can a negative body image lead to an eating disorder?



### Chapter Summary

■ Body image is the way that you see and imagine your body. Your body image is important because it affects the way you face new challenges. ■ Factors that affect your body image include your family, friends, peers, teachers, coaches, and the media. ■ The people in your life can be both positive and negative influences on your body image. ■ You can build and keep a healthy body image by sharing your feelings, eating healthy foods, and staying physically active. ■ Unhealthy eating behaviors are unhealthy changes in your diet. Unhealthy eating behaviors include taking weight-gain products, skipping meals, and following fad diets to lose weight. ■ Eating disorders are diseases and require medical attention. Anorexia nervosa, bulimia nervosa, and binge eating disorder are examples of eating disorders. ■ If you or a friend has an eating disorder, getting help is the most important thing to do.

### Using Vocabulary

For each pair of terms, describe how the meanings of the terms differ.

- 1 anorexia nervosa/bulimia nervosa
- 2 bulimia nervosa/binge eating disorder

For each sentence, fill in the blank with the proper word from the word bank provided below.

anorexia nervosa	binge eating disorder
eating disorder	body image
bulimia nervosa	

- 3 \_\_\_ is an illness in which a person eats a large amount of food and then purges the food from his or her body.
- 4 A(n) \_\_\_ is an illness in which a person is overly concerned about his or her weight and body size.
- 5 How you see and imagine your body is your \_\_\_.

- 6 An illness in which a person has difficulty controlling how much he or she eats but does not purge is called \_\_\_.

### Understanding Concepts

- 7 What are some factors that influence your body image?
- 8 How can being realistic help you build a healthy body image?
- 9 Describe the differences between a person with a healthy body image and a person with an unhealthy body image.
- 10 How can people in your life be both positive and negative influences on your body image?
- 11 What is a fad diet?
- 12 Give three examples of eating disorders. How are these diseases alike? How are these diseases different?
- 13 Describe one way to build a healthy body image.

## Critical Thinking

### Analyzing Viewpoints

- 14 Emily thinks that she should look like the models she sees in magazines. She does not feel that she is thin enough to be popular in school. She has started taking diet pills to lose weight. What kind of body image does Emily have? Describe how you can encourage Emily to change how she feels about her body.
- 15 Tim and Wyley are on the wrestling team at school. Next week, they are competing against your school's biggest rival. Tim suggests to Wyley that they start using a product called Muscle Grow. Tim thinks that this product will help them beat the other team. Wyley thinks that using Muscle Grow could be dangerous to their health. Tim tells Wyley that the Muscle Grow can't hurt them if they use it for only 1 week. If you could give Tim and Wyley advice about using Muscle Grow, what would you tell them?

### Making Good Decisions

- 16 Your friend Alicia has become worried about her body shape and size. She has started dieting regularly. At lunch, she eats only a few French fries or a small cup of frozen yogurt. You notice that Alicia has lost a great deal of weight in a short time. You are worried that Alicia may have an eating disorder. What two steps could you take to help Alicia?

## Interpreting Graphics

### Survey of High School Teens

	Male students	Female students
Total number of students	215	235
Number of students with anorexia nervosa	2	11
Number of students with bulimia nervosa	3	15
Number of students with binge eating disorder	9	5

Use the table above to answer questions 17–20.

- 17 Your local newspaper published an article about the number of students in your neighborhood high school who have eating disorders. The article provided the table above. What percentage of students suffer from eating disorders?
- 18 How many female students suffer from an eating disorder?
- 19 What percentage of students suffer from binge eating disorder?
- 20 How many more females than males have eating disorders?

### Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

## Evaluating Media Messages

You receive media messages every day. These messages are on TV, the Internet, the radio, and in newspapers and magazines. With so many messages, it is important to know how to evaluate them. Evaluating media messages means being able to judge the accuracy of a message. Complete the following activity to improve your skills in evaluating media messages.



### Skin Deep

#### Setting the Scene

Shannon and Leigh Ann enjoy looking at fashion magazines. One day, while looking at the new *In Fad*, Leigh Ann says that she wishes she could be as thin as the models in the magazine. She then tells Shannon that she wants to go on a diet so she can look like the models. Shannon thinks that Leigh Ann is not being very wise and that Leigh Ann needs to be realistic about having a healthy weight.

### The 5 Steps of Evaluating Media Messages

#### ACT 1

1. Examine the appeal of the message.
2. Identify the values projected by the message.
3. Consider what the source has to gain by getting you to believe the message.
4. Try to determine the reliability of the source.
5. Based on the information you gather, evaluate the message.

### Guided Practice

#### Practice with a Friend

Form a group of three. Have one person play the role of Shannon and another person play the role of Leigh Ann. Have the third person be an observer. Walking through each of the five steps of evaluating media messages, role-play Shannon and Leigh Ann's evaluation of the magazine's message. The observer will take notes, which will include observations about what the people playing Shannon and Leigh Ann did well and suggestions of ways to improve. Stop after each step to evaluate the process.

## Independent Practice

### Check Yourself

After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. What is the appeal of the fashion magazine?
2. What are the values projected by the magazine?
3. How can Shannon convince Leigh Ann that a fashion magazine is not the most reliable source for ideal weight?
4. What are other media sources that project the same appeal and values as fashion magazines?



### On Your Own

A few days later, Shannon and Leigh Ann are watching TV. A music video comes on that shows a girl driving an expensive car. The girl appears to be very popular. Write a skit about how Shannon and Leigh Ann could evaluate the video's message. Be sure to include each of the five steps of evaluating media messages.

