Body Image

1.How are women portrayed by the media? What are some of the stereotypes that our society has given women?

2.How are men portrayed by the media? What are some of the stereotypes that our society has given men?

3.Name four places where young children are exposed to these stereotypes?

4.Have you ever felt pressured to fulfill these stereotypes? Explain

5.What are some ways to boost your body image?

6.If you know someone who compares themselves to others in terms of appearance, what could you do or say to help?

7.How could participating in physical activity contribute to positive body image?