Mind Over Magazines
Activity Sheet

Review modern popular magazines. Address the following items.

1. In the magazine overall. . .

A. Describe the diversity of body types and sizes you see.

B. Compared to males, how are females depicted in terms of...

1) ...how much their clothing reveals their bodies?

2) ...their pose or stance? ...how much “space” they take?

3) ...their facial expressions?

4) …the look of power/authority vs. submissiveness?

5) ...other factors or features: ____________________________?

C. Other thoughts or reactions related to overall depiction of body image.

2. A closer look: Choose a picture or image that your group would like to examine and discuss in greater detail.

A. Why did you choose this specific picture or image?

B. How many people do you know who look like this?
C. Based on the information in the videotape narrated by Joan Lunden and other knowledge you may have, how might the model’s image have been altered to “improve” it – to give the final appearance you see now – compared to what the real person looked like?

D. How does the overall image or picture make you feel?

E. If specific parts of the image or picture make you feel certain ways, what are those parts and how do those make you feel?

F. Other thoughts or reactions related to this specific picture or image?

G. Pretend a friend of yours is fascinated, captivated – maybe even obsessed – with this picture or image and wants to look like this. What might you do or say to your friend?

3. Are you interested in trying to counter the negative attitudes and behaviors encouraged by most magazines and other types of media? If yes, what are some actions you could take?