Mind Over Magazines

A supplemental activity for
A New You: Health for Every Body

Adapted from Small Victories, a mini-lesson series promoting positive eating, physical activity and body image attitudes and behaviors.

Learner objectives
As a result of this presentation, participants will
- Recognize that the media creates unrealistic body images
- Develop skills to spot unrealistic body images and to counter the negative and unhealthy attitudes and behaviors encouraged by these unrealistic images

What you need
- Handouts
  “Mind Over Magazines”
  Participant evaluation form (add your contact information)
- Video: Behind Closed Doors IV with Joan Lunden
  To order: Contact Remuda Ranch Foundation, PO Box 399, Wickenburg, AZ 85358; 800-445-1900.
- Television, VCR/DVD, and extension cords
- Props
  Copies of popular magazines – enough for small groups of 2 to 4 people to have 1-2 copies per group. If you know the target audience, select magazines that will be of particular interest to the participants.

Audience
This lesson was developed for use with adults. If you use it with youth, be sure to preview the video, review the lesson plan, and make any adjustments you think are necessary for a younger audience.
<table>
<thead>
<tr>
<th>Time</th>
<th>Content / Suggestions</th>
<th>Learning Reinforcement</th>
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<tbody>
<tr>
<td>10 min.</td>
<td>Introduce and show the video. Ask for reactions to the video and facilitate any discussion.</td>
<td>Video: <em>Behind Closed Doors</em></td>
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<td>10-15 min.</td>
<td>Distribute handout and ask participants to work in groups of 2 to 4, depending on the size of the total group and room set-up. Let each small group choose 1-2 magazines to discuss. Groups should identify a spokesperson. Ask small groups to work through section #1 in the handout – the magazine overall. Facilitate follow-up group sharing and discussion. Ask if others besides the spokesperson have anything to add.</td>
<td>Handout: “Mind Over Magazines”  Props: Popular magazines</td>
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<td>10-15 min.</td>
<td>Ask small groups to work through section #2 in the handout – a specific picture or image. Facilitate follow-up group sharing and discussion. Ask if others besides the spokesperson have anything to add.</td>
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Facilitate an all-group discussion of section #3 in the handout.

What actions can be taken to counter the negative and unhealthy attitudes and behaviors encouraged by unrealistic body images? Possible ideas to share if participants have trouble getting started:

- Ask your doctor, dentist, or other health care provider to avoid display of problematic magazines or at least offer a selection. Choices should include magazines with real people who reflect a range of body sizes and types and that illustrate enjoyment of active living and pleasurable and healthful eating.

- As you stand in line at the grocery store, analyze the cover images of the magazines in the racks. Think about what alterations have been done to make them appear “perfect.”

- Start discussions about unrealistic body images with other people – at work during breaks, with family during meal times, etc. Talk about what individuals and organizations can do to counter these images.

- Write a letter to the editor of the local paper. Include praise of positive, realistic images in the local media as well as identifying negative body images in popular magazines.

Questions/wrap-up/evaluation.

Reinforce the bottom line. It’s up to each of us to resist and speak out about the power of “ideal” media images and the harmful pressure these images can put on people of all ages.

Distribute evaluation forms.

Handout: Evaluation form
Mind Over Magazines

Have you ever noticed how the people in most magazine ads appear to look “perfect?” Ever feel like you’ll never live up to that standard? Come to Mind Over Magazines, a presentation to learn how to critically judge the unreal images you see in magazines, on TV, or in movies.


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A New You: Health for Every Body
Wellness IN the Rockies • www.uwyo.edu/wintherockies
Dept 3354, 1000 E. University Ave • University of Wyoming • Laramie, WY 82071

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