

# Mind Over Magazines

## Activity Sheet

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*In your small group, work through the questions below, using a popular magazine.*

**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 of their bodies?

2) ...their pose or stance?

3) ...their facial expressions?

4) ...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. If there is a particular reason you chose this picture or image, what is it?

B. How many people do you know who look like this?

- C. Based on what was shared in the videotape narrated by Joan Lunden and other knowledge you may have, how might the model's image have been changed to "improve" it – to get the final version 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 that 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 what might you 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?

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