



UNIVERSITY  
OF WYOMING  
Cooperative Extension Service  
Family & Consumer Sciences



## Mind Over Magazines Lesson Plan

### 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
- ◆ Video: *Behind Closed Doors IV with Joan Lunden*
  - *Note – Ordering information: Contact Remuda Ranch Foundation, P.O. Box 399, Wickenburg, AZ 85358; 928-684-4292. Current cost is \$10.75, including shipping and handling.*
- ◆ TV-VCR
- ◆ Props: Copies of popular magazines – enough for small groups of 2-4 people to have 1-2 copies per group

### Remember

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 necessary for a younger audience.

Time	Content / Suggestions	Learning Reinforcer
10 min.	Introduce and show the video.  Ask for reactions to the video and facilitate any discussion.	<u>Video</u> : <i>Behind Closed Doors</i>
10-15 min.	Distribute handouts and ask the audience to work in groups of 2-4, depending on the size of the total group and room set-up. Let each group choose 1-2 magazines to discuss amongst their members. Groups should identify a spokesperson.	<u>Handout</u> : “Mind Over Magazines”  <u>Props</u> : Popular

	Ask groups to work through section #1 in the handout – the magazine overall. Then facilitate follow-up group sharing and discussion. Ask if others besides the spokesperson have anything to add.	magazines
10-15 min	Ask groups to work through section #2 in the handout – a specific picture or image. Then facilitate follow-up group sharing and discussion. Ask if others besides the spokesperson have anything to add.	
5-10 min.	Facilitate a discussion of section #3 – What actions to take if you want to counter the negative and unhealthy attitudes and behaviors encouraged by unrealistic body images. Possible ideas to share if participants have trouble getting started: <ul style="list-style-type: none"> <li>▪ Ask your doctor, dentist, etc., to avoid display of problematic magazines or at least offer a selection that include real people who reflect a range of body sizes and types and that illustrate enjoyment of active living and pleasurable and healthful eating.</li> <li>▪ As you stand in line at the grocery store, analyze the cover images in terms of what has been done to make them look “perfect.”</li> <li>▪ Start discussions about unrealistic body images with other people – at work during breaks, with family during meal times, etc. Include ideas about what individuals and organizations can do to counter these images.</li> </ul> Write a letter to the editor of the local paper. Include praise of positive, realistic images in the local media as well as point out negative body images in popular magazines.	
5 min.	Questions/wrap-up/evaluation.  <i>Reinforce the bottom line: It's up to each of us to resist and speak out about the power of unreal media images and the harmful pressure these images can put on people of all ages.</i>	Evaluation form

Developed by Suzy Pelican and Christine Pasley for *Small Victories*, a mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. *Small Victories* reflects the mission and principles of WIN Wyoming, a multi-agency, multi-state network that promotes healthy lifestyles instead of a specific body size, shape, or weight. WIN Wyoming is coordinated through Department of Family and Consumer Sciences, University of Wyoming Cooperative Extension Service. [www.uwyo.edu/winwyoming](http://www.uwyo.edu/winwyoming) 0203; slightly revised 0706

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