Body Image and the Media Flow Chart

What have you seen in the media (magazines, TV, social media, advertising) that has made you feel differently about yourself?

Reflect on your mindset through this experience. How did it end?

Example: The day started out really well. On the way to school, there was an advertisement with a beautiful, skinny model at the bus stop. The other kids were saying how gorgeous she was. I thought I'd never be beautiful, like that model. I wonder what I could do to change myself. I thought about it for the rest of the day.





