

Due Date:

Name:

Body Image in the Media

Idealistic? Realistic? Who or what influences our perceptions of what represents an attractive body type(s)? Our capitalist society has been playing a large role in bombarding us constantly with images and messages. Although more attention has been focused upon girls and women because of the number of eating disorders, boys and men are not immune to such circumstances. While girls struggle to become thin, boys strive to become muscular. We need to learn to understand who or what has been setting these unrealistic standards.

You may choose to submit this assignment as a paper or an electronic document.

1. Why do we find ourselves putting those with “real” bodies down?

Use Google to find the following information:

2. Create a collage that illustrates your perception of an ideal body for women.
3. What is the average size of North American women?
4. Create a collage that illustrates your perception of an ideal body for men.
5. Define: Muscle Dysmorphia

Media Awareness Network: www.media-awareness.ca

Click on Media Issues

Click on Media Stereotyping

Scroll down the page and click on Media Portrayals of Girls and Women

Scroll down to click on Beauty and Body Image in the Media

<http://mediasmarts.ca/gender-representation/women-and-girls/media-and-girls>
<http://mediasmarts.ca/body-image>

<http://mediasmarts.ca/gender-representation/women-and-girls>

6. What are women and their bodies used for in the media?
7. What body image do current celebrities and models portray?
8. What are the rewards, if any, for losing weight?
9. What is the root of this unrealistic perception?
10. What age group is the most vulnerable? What are the indications?
11. How is Barbie’s body realistic or unrealistic? Explain.
12. How many women experienced an eating disorder in Canada during 2006?
13. What three things does the media expect women to do in order to achieve the “ideal body”?
14. Spain began to ban ultra-thin models on the runway. How is this strategy effective or ineffective?
15. What method does Spain use to measure “real” women’s body?
16. How has the ratio of the “ideal” body increased in comparison to an average woman’s body?
17. What is Kilbourne’s conclusion?



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"When I was born, they looked at me and said: 'What a good boy, what a smart boy, what a strong boy!' And when you were born, they looked at you and said: 'What a good girl, what a smart girl, what a pretty girl!'"

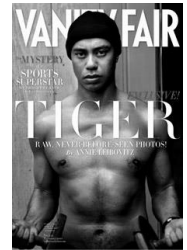
"What A Good Boy," *The Barenaked Ladies*

Scroll down to click on Media Portrayals of Men & Masculinity

Scroll down to click on How the Media Define Masculinity

<http://mediasmarts.ca/gender-representation/men-and-masculinity>

<http://mediasmarts.ca/body-image>

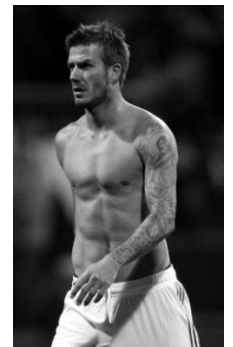


17. Describe by using words or pictures of how you define masculinity.
18. How does the media portray masculinity?
19. In the 1999 California report, *Boys to Men: Media Messages About Masculinity*, what 3 points were noted?
20. How do boys and men react to how masculinity is portrayed in the media?
21. What does the media reinforce the perception of masculinity?
22. What are the rewards for being masculine?

Go to:

<http://www.dailymail.co.uk/tvshowbiz/article-1265676/Britney-Spears-releases-airbrushed-images-digitally-altered-versions.html> /

23. In your opinion, why did Britney Spears reveal her untouched photos?
24. How does her untouched photo(s) mislead the public?
25. How has your perception of her body image and/or other celebrities changed?



www.thehollywoodgossip.com/2010/01/heidi-montag-addicted-to-plastic-surgery/

*Please find a Heidi Montag image prior to her cosmetic surgery to compare.

26. In your opinion, did Heidi's cosmetic surgery improve her appearance? Why or why not?
27. If were to increase her employability, why is Heidi successful or unsuccessful?
28. How can undergoing 10 cosmetic surgeries at one time be harmful to one's health?



YouTube search:

Model Evolution with Makeup & Photoshop, Male Body Image, Boy, Interrupted: One Man's Struggle With an Eating Disorder, Manorexia

Conclusion:

*You see young male models and celebrities with a six-pack, toned arms and legs.

*Kim Kardashian's ex-husband claims that he paid for her boob job, liposuction and butt lift.

*Megan Fox has injected her lips with collagen to make them fuller. She claims that the amount of work that she receives is relative to her appearance.

29. Why does large multinational corporations, pressure the society to accept only certain body types?
30. What are the similarities and differences between women and men? (Venn Diagram permitted)
31. Why must we learn to love ourselves as we are? (We are born with genes that define our bodies).
32. Create a collage that represents your good looks. Be creative!

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Please submit your evaluation sheet, complete with your self evaluation when submitting your completed assignment.

E valuation

Criteria	Your Mark	Teacher's Mark
Collage : Your perception of the female body image	/5	
Collage: Your perception of the male body image	/5	
Introduction Questions	/5	
Media Portrayals of Girls & Women Questions	/15	
Media Portrayals of Men & Masculinity Questions	/6	
Britney Spears Untouched Photos Questions	/3	
Heidi Montag Cosmetic Surgery Questions	/3	
Conclusion	/8	
Your Personal Collage	/5	
Total Marks	/55	

Work Habit Mark: G / S / N

Justification:

Comments:

