

## Body Image HotList J. Stuart

[www.ship.edu/~cgboeree/genpsyhunger.html](http://www.ship.edu/~cgboeree/genpsyhunger.html)

Hunger and Eating Disorders-This website had an informative article regarding the biology/psychology of hunger. It explains hunger pains and emotional eating. It also gives a brief description of anorexia and bulimia.

<http://parentingteens.about.com/>

Parenting adolescents-This website offers great advice to parents of teenagers on all topics ranging from body image to tips for creating a positive summer. On the link about body image there are articles about body image for daughters, how to give positive encouragement to teenage girls regarding their bodies, and body image in the media. I also like how it has parenting quizzes and videos.

<http://education.indiana.edu/cas/adol/adol.html>

ADOL: Adolescence Directory On-Line- Adolescence Directory On-Line (ADOL) is an electronic guide to information on adolescent issues. I love the teen only link. It has resources for teenagers on topics such as puberty, health and sexuality, peer pressure, and identity. It even has links for math help and tutoring. What a great website for young adults, parents and teachers!

[http://www.raisingkids.co.uk/13\\_21/tee\\_eat06.asp](http://www.raisingkids.co.uk/13_21/tee_eat06.asp)

Developing A Positive Body-Image-This is another great site for parents dealing with teenage children and body image. It points out that the media is portraying unrealistic body image. It tells parents to discuss diet culture at school. Kids should be friends with other kids based on their personality, not on what their weight is. I really liked the healthy attitude towards food page. It talked about being a good role model when it comes to eating and how to avoid comfort or emotional eating.

<http://teenadvice.about.com/library/weekly/aa060300a.htm>

Body Image-A Pep Talk-This discussed an interesting view about boys and the pressure they face to have buff bodies too. Teenage boys feel pressure to be built that some turn to steroid use. The pressure to be perfect even brings up plastic surgery for teenagers too. It talked about how Britney Spears was accused of having breast implants and how no one bothered to think that maybe she grew naturally due to puberty. A large number of teens would opt to have plastic surgery to improve their looks before they even finished growing!

<http://www.advocatesforyouth.org/lessonplans/bodyimage.htm>

Advocates for Youth- This is a specific lesson plan page for teachers to explore body image and to increase each teen's awareness of his/her physical self and of media influences on her/his self-image and behavior. It asks students to use pictures from magazines of different ethnic groups and to identify body issues related to gender. Students are to make a collage of attractive people from the magazines. There are also discussion questions to follow. I would love to use this lesson in my class.

<http://www.teensadvisor.com/body-image/>

Teen Advisor-Healthy Body Image and Facts-This website explains why we are so concerned with body image. It contains numerous surveys that are eye opening. One survey found that 81% of ten-year-old girls have dieted at least once! This is heartbreaking to me. It includes links to fitness, food, overweight teens, eating disorders, and proper diet.

[http://www.mediaawareness.ca/english/resources/educational/lessons/elementary/body\\_image/gndr\\_stereo\\_body\\_image.cfm](http://www.mediaawareness.ca/english/resources/educational/lessons/elementary/body_image/gndr_stereo_body_image.cfm)

Gender Stereotypes and Body Image-Awesome lesson plan for middle school students!

This helps students understand how the media perpetuates gender stereotypes. When we don't fall into our stereotypes that society and the media place on us, we hurt ourselves emotionally and physically, creating poor self-image. I can't wait to try this lesson.

Check this website out!

<http://www.safehealthyschools.org/healthyeating/c1bodyimage.htm>

This website offers many lesson plans. I chose one on comparing food choices and body image of teenagers around the world. I think it might make for an interesting discussion on how kids see themselves worldwide. It also makes students do research on other parts of the world and maybe they can discover new foods.

[http://www.dairycouncilofca.org/edu/edu\\_prog\\_body2.htm](http://www.dairycouncilofca.org/edu/edu_prog_body2.htm)

This lesson plan is on shaping a healthy body image. It discusses key factors that influence body image as well as mass media and advertising. It provides great journal writing prompts and discussion questions. This lesson would work well with high school students but could be adapted for younger children.