



Health Virtual Learning

Chapter 5.1 Factors that Influence Body Image

Truman High School

4/24/2020



Lesson: 4/24/2020

Objective/Learning Target:

1. Identify several factors that can influence a person's body image.
2. Compare and contrast the factors that lead people of different genders and cultures to be dissatisfied with their bodies.
3. Analyze how the media can impact the body image of teenagers.

Body Image

Your thoughts and feelings about how you look make up your body image.

What are three things that you like about your body?

Name two things you can do to improve your body image.



Body Image

- Your body image doesn't describe what your body *actually* looks like—but how you *think* it looks
- People with a positive body image appreciate and value their bodies



Family and Peers

- A child's body image is influenced by his or her parents
- A teenager's body image is also influenced by his or her friends
- All teenagers feel self-conscious about their bodies at some time



Body Image

Teenagers sometimes make unhealthy choices when attempting to change their body shape or size.

What are some unhealthy choices you have seen your friends or classmates make?



In the media

- Advertisements convey messages about what is regarded as attractive and desirable
- Images of celebrities can also set standards for attractiveness
- These images are often unrealistic or misleading



Female Body Image

- Popular media employs images of women who are consistently young and thin
- This promotes an unrealistic standard of attractiveness against which women are measured



Male Body Image

- Males are feeling increased pressure to conform to an unrealistic body image
- Media images of men have become increasingly muscular
- This has led some boys and men to take extreme measures to change their body shape and size



Think Further...

Men also feel pressured to change their body to match unrealistic ideals.

What are some examples of ways boys or men make try to change their body image?

Which of these ways are healthy choices? Which ones are not?



Ethnicity and Body Image

- Media ideals for body image are not embraced to the same extent by everyone
- Different groups have different values and preferences when it comes to ideal weight and appearance



Sports and Body Image

- Involvement in sports can influence a person's body image
- Athletes may feel pressure from coaches or parents to maintain a thin body
- Teenagers in sports that do not emphasize thinness feel less pressure to be thin

