Health Virtual Learning

Chapter 5.3 Treating and Preventing Body Image Issues

Truman High School

4/28/2020

Lesson: 4/28/2020

Objective/Learning Target:

1. Compare different approaches for treating eating disorders.
2. Evaluate how images of celebrities and models are altered to enhance certain features or make them appear thinner.
3. Analyze the impact of enhanced photos on the body image of a young person who views them.
4. Describe how the media's use of size diversity when selecting models might impact teens' body image and the incidence of eating disorders.

Treating Eating Disorders

- People who have eating disorders are often reluctant to seek treatment

- They may be embarrassed to admit their behavior

- Some people are afraid that treating their disorder will cause them to gain weight

Myth or Fact...

Most people are able to overcome disordered eating behaviors on their own.

MYTH

–**Fact:** Eating disorders rarely go away without proper treatment.

–**Fact:** Eating disorders are mental disorders and should be treated by mental health professionals.

Individual Therapy

- Many people find that talking with a therapist is very helpful in managing eating disorders
- Cognitive-behavioral therapy helps patients create more normal eating patterns

Family Therapy

- Involves parents or guardians and siblings of patients in treatment

- Many therapists recommend some combination of individual and family therapy

Challenges of Treatment

- People with eating disorders have a relatively high rate of relapse
- Their bodies may be unable to repair the damage caused by years of disordered eating

Critical Thinking...

Recovery

Recovery from an eating disorder does not always yield instant results.

Why is recovery from eating disorders best viewed as a process?

Preventing Body Image Issues

•Strategies for developing a healthy body image

–Remember that images of people in the media are manipulated to create an idealized image

–Be aware of the nature and origins of the thin ideal

–Realize the negative effects of believing in this ideal

–Focus on positive thoughts about your body

What Businesses are Doing...

- Some companies are using more realistic images of people in their advertising

- Some magazines have banned the use of underweight models in advertising

What Governments are Doing...

•Spain and Italy require that models have a BMI of at least 18.5 to be in some fashion-week shows

Israel became the first country to pass laws banning the use of extremely thin models in ads

Think Further....

Do you think the US government should pass legislation banning certain types of advertising related to body image?

Why or why not?