Media Literacy and Body Image

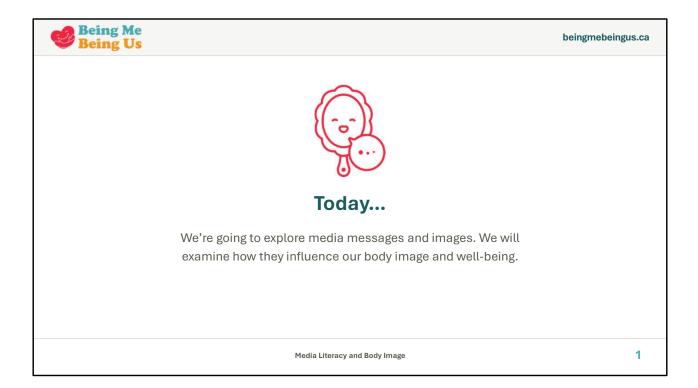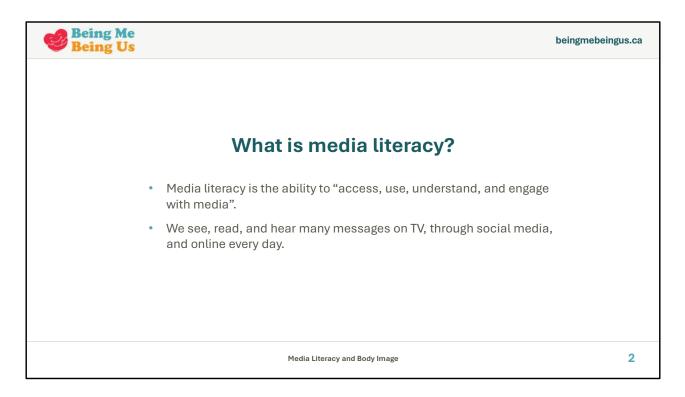**Being Me Being Us** | Creating a school community where every *body* belongs

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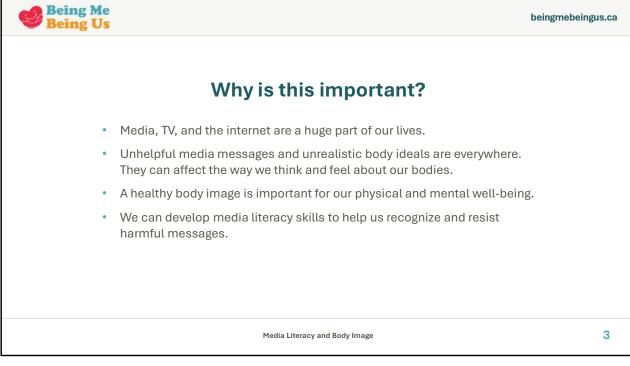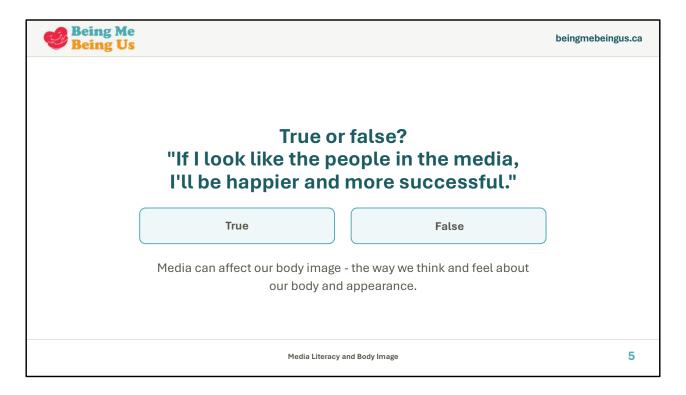
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Being Me Being Us

Today...

We're going to explore media messages and images. We will examine how they influence our body image and well-being.

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What is media literacy?

- Media literacy is the ability to "access, use, understand, and engage with media".

- We see, read, and hear many messages on TV, through social media, and online every day.

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Source
- https://mediasmarts.ca/teacher-resources/digital-literacy-framework/digital-literacy-framework-overview

Being Me Being Us

Why is this important?

- Media, TV, and the internet are a huge part of our lives.

- Unhelpful media messages and unrealistic body ideals are everywhere. They can affect the way we think and feel about our bodies.

- A healthy body image is important for our physical and mental well-being.

- We can develop media literacy skills to help us recognize and resist harmful messages.

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Which of these techniques are used in the media to help portray unrealistic or idealized body types?

Filters	Camera angles

Lighting	A.I.

Lack of representation of diverse bodies

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Note

- Answer: all of them!

True or false?
"If I look like the people in the media,
I'll be happier and more successful."

True	False

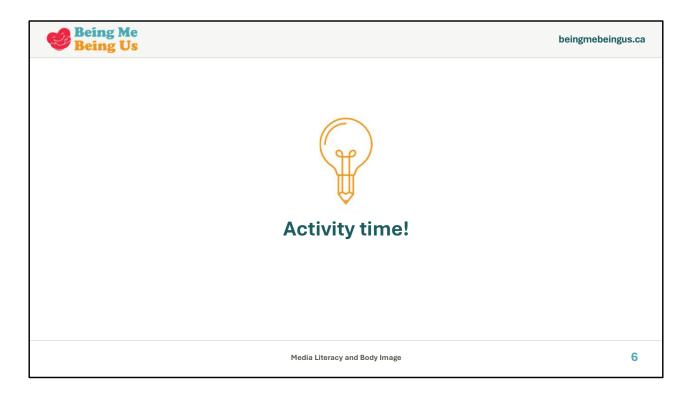Media can affect our body image - the way we think and feel about our body and appearance.

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Note
- Answer: False – Media can affect our body image – the way we think and feel about our body and appearance.

Activity time!

Notes

- Do the activity suggested in the lesson plan.
- Display the following slide to support the activity.

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This slide accompanies the activity sheet.

Discussion notes

- The image on the left shows different animals of different shapes and sizes doing different things, with a message that everyone moves at a different pace and the importance of honouring your mind/body and moving in the way that feels best

for you.

- The image on the right shows Ursula (the one with the white, short hair) and Ariel (the one with the red, long hair) looking at each other. In the movie, "The Little Mermaid", Ursula is shown as an evil character and Ariel is shown as a hero character.

- Key message 1 - This is an example of how some media show evil characters with larger bodies and hero characters with smaller, and often unrealistic or idealized body types.

- Key message 2 - Media can influence how we think about our own bodies and our self-worth.

Sources

- Source for image 1: https://nedic.ca/

- Source for image 2: https://www.pinterest.com/pin/236790892883036 308/

You may consider adding your own images that better resonate with your class. Some examples are included below.

Image 1 - consider updating the image with one of these examples:

- Action for Happiness posters for children: https://actionforhappiness.org/posters-for-children
- Kindness in the classroom poster images: https://ca.pinterest.com/pin/847028642396087920/
- Roz Maclean's art image - https://rozmaclean.com/tag/body-positive/

Image 2 - consider updating the image with one of these examples:

- Disney Princesses [Which Disney Princess will get a new render? : r/cartoons (reddit.com)](#)
- Superhero vectors [Vector Set Different Female Superheroes Isolated Stock Vector by ©Aratehortua 225117950 (depositphotos.com)](#)
- Barbie and Ken [881 Barbie Ken Royalty-Free Images, Stock Photos & Pictures | Shutterstock](#)
- Captain Underpants [Captain Underpants: The First Epic Movie (2017) - IMDb](#)

◯ Let's review

- Media messages often show unrealistic or idealized body types.

- Media can influence how we think about our own bodies and our self-worth.

- We can recognize and resist harmful messages by developing media literacy skills.

- A healthy body image is important for our physical and mental well-being.

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