



Children's Health
Education Center™

A member of Children's Hospital and Health System.



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Some Body!

Suggested CHEC-out activities

1 What's in the media?

Ask students to bring magazines to class that they enjoy reading. Ask them to count the number of ads for weight-loss products and/or the number of articles related to diet or weight issues. They also will most likely find articles about changing appearances in different ways (i.e. fashion, makeup, cosmetic surgery). Invite students to critically examine each article and discuss the findings as a group.

2 This is me

Have students make a list of things about themselves that they cannot control (height, size of feet) and a list of those they can (weight, hair style, clothes). From the control list, have each student pick two things he or she would like to change and steps they can take to bring about this change.

3 Write a letter

Ask students to identify a TV program or magazine that sends messages that impact body image negatively. Suggest that students write a letter of complaint about the content explaining their concerns as they relate to body image.

4 Become an expert

Divide students into three groups and assign each group an eating disorder to research (anorexia, bulimia and binge eating). Have students assemble into their groups after research is complete and identify four signs/symptoms of the disorder and how to help a person fighting this disease.

Steps to a healthy body image

1. Learn to like yourself just as you are.
2. Set realistic goals for yourself.
3. Practice good nutrition and get regular exercise.
4. Accept normal weekly and monthly changes in your body.
5. Listen to your body.
6. Ask for support and encouragement.

Books

- "Real Gorgeous: The Truth about Body and Beauty," Cooke, Kaz. W.W. Norton & Co., 1996.
- "Reviving Ophelia: Saving the Selves of Adolescent Girls," Pipher, Mary. Ballantine Books, 2002.

Videos

- "A Healthy Body, A Healthy Body Image," Sunburst Media. (800) 431-1934. www.sunburstvm.com
- "Dying To Be Thin," WGBH Boston Video (NOVA). www.pbs.org
- "Self-image: The Fantasy, The Reality." (800) 99-YOUTH. www.pbs.org/inthemix/

Web sites

- Anorexia Nervosa and Related Eating Disorders, www.anred.com
- National Eating Disorders Association, (206) 382-3587, www.nationaleatingdisorders.org
- Rogers Memorial Hospital (800) 767-4411, www.rogershospital.org
- Eating Disorder Referral and Information Center, www.edreferral.com