**PHE Health Questions: Media Impact**

Name: Div.: Date:

1. Circle the level of impact you think media has on you and your decisions? Explain your reasoning.

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A Lot

Some

None

1. Describe or give an example of a man and a woman (i.e. celebrity, model, athlete, etc.) that you would put forth as a healthy example to emulate.

Use <https://mrclhowe.weebly.com/media--body-image.html> to answer the following questions:

1. Which stereotype origin surprised you the most? Does understanding where these stereotypes came from change your perceptions on any potential stereotypes you had about how others, or yourself should act?
2. Why are many media images of actors and models unhealthy for people to see regularly?
3. According to the Dove survey what percent of women are unhappy with their bodies? What percentage of men are unhappy with some aspect of their appearance according to the link (“ feeling the effects”)?
4. How are toys even impacting our body image?
5. What is native advertising? Do you think recognizing/understanding native advertising change your behaviours? If so, how?
6. Did the story about the Instagram model (click on the link “the ones being paid”) affect how you will view social media in the future? If so, how do you think it will change your attitudes and behaviours?
7. What, if anything, have you learned about the media impact on our perception of ourselves? How do you think this knowledge will help you moving forward be more “healthy?”