Reflection and Critical Thinking: Body Image

In this activity, you will reflect and think about what body image is, what your personal struggles or triumphs with body image have been, and how you can use your reflections to help school-age children have positive body images.

Answer the questions below honestly and openly. You will not have to share your personal answers with your supervisor.

1. What does body image mean to you?

2. Can you remember a time that you spoke negatively about your body to another person?

3. Can you remember a time that you compared your body to someone in the media? Or commented on a person in the media’s body or appearance?

4. Think back to when you were a school-age child. Can you remember a time that you were unhappy with the way you looked? Do you remember a time that you commented on the appearance of a peer?

5. Do you think that children today focus more on body image then when you were young? Why or why not?

6. How do you think you can use your personal struggles or triumphs with your body image as a motivator for school-age children?

7. What do you think it means to have a “body-image friendly” learning environment?