

Body Image in Teen Magazines

Teen magazines often feature images of very thin and fit models. Readers who feel that they don't "measure up" to these models in terms of weight may develop a negative body image. Use the activity below to help you examine messages in teen magazines about weight.



ACTIVITY

Look through a number of teen magazines. What sorts of images of teens do the magazines contain? Are a variety of body types featured? What is the magazine's take on weight management? Do the articles and ads focus on having a moderate, balanced eating plan and increasing physical activity as ways of managing weight healthfully?

As a class, produce a magazine devoted to the topic of healthy weight management for teens. Be sure to include all the elements of a magazine, including feature articles on exercise, nutrition, and body composition; a cover; letters from

readers; an advice column; and advertisements. You might also want to include recipes, fictional stories, and a Buyer's Guide/Buyer Beware column.

EXPRESS YOUR VIEWS

Some teen magazines refuse to publish articles and ads on dieting because of the potential these items have for contributing to teens' negative body image. Others continue to feature such articles and ads. As a class, discuss whether magazines should contain information and ads on dieting.