

“Self Image: The Fantasy, The Reality”

In the Mix by PBS - 1997

Name _____

Date _____ Period _____

Directions: As you’re watching the video, take notes in response to the questions given below. Then, on a separate sheet of binder paper, answer each question using **complete sentences**.

YM and Ford Models	
1. Why do models look so good in fashion spreads and advertisements?	Notes:
2. What kinds of mixed messages are magazines sending to their readers?	Notes:
3. What are some of Lesley’s suggestions for finding your own style?	Notes:
Eating Disorders	
4. At about what age did the girls being interviewed become concerned about their weight and start dieting? What were their reasons?	Notes:
5. Besides the desire to be skinny, why else do girls (and boys) become anorexic or bulimic?	Notes:
6. What are two side effects of eating disorders?	Notes:

7. What do they suggest you do if you suspect someone you know has an eating disorder?	Notes:
Steroids	
8. What are some of the health risks involved with using steroids?	Notes:
9. In what ways does the former steroid user now feel good about himself?	Notes:
Teens Speak Out	
10. Do all guys only like girls who wear revealing, “sexy” clothes? What do the boys find attractive in girls?	Notes:
11. Do all girls automatically like guys who are “pumped up” and muscular? What do the girls find attractive in boys?	Notes:
12. What suggestions do the teens make for how to deal with media “bombardment”?	Notes:
13. What did you think of the show?	Notes:
14. Bibliography Entry	

