

## TEACHER'S GUIDE FOR

# *Body Image* by Ashley Lee and J Smith

**Reading Level:** 3

**Themes:** Body Image, Self-Esteem, Media Influence, Mental Health, Self-Acceptance, Eating Disorders, Positive Thinking, Support, Diversity, Historical Perspective, Empowerment, Individuality

## Synopsis

*Body Image* offers a comprehensive exploration of the concept of body image and its impact on individuals. The book addresses the factors influencing body image issues, their effects on mental health, and provides strategies for cultivating a positive body image. It emphasizes the importance of self-acceptance, support, and embracing diversity in media representations.

## Background

Body image is a relevant and complex topic that affects people of all ages. This book aims to educate young readers about the different aspects of body image, how it can be influenced, and the steps they can take to foster a healthy relationship with their bodies. By understanding the factors that contribute to body image issues and learning strategies for positive self-perception, students can develop greater confidence and resilience.

## About the Author

Ashley Lee graduated from Simon Fraser University's Master of Publishing program in 2021. Her master's thesis, *Towards a Better Future: How Engage Books Creates Books That Make a Difference*, explores the underlying philosophy of Engage Books. Ashley is a literary editor and children's book author who has a passion for books that tackle social issues. Ashley lives in British Columbia, Canada, where she enjoys exploring the outdoors, volunteering with children's programs, and doing arts and crafts.

## Before Reading

### Focus Questions

Help students get interested in the book's topic by asking some preliminary questions. You might consider creating a KWL chart (What We Know, What We Want to Know, What We Learned) as a class to track their knowledge and learning throughout the book.

- What do you think the term "body image" means?

- Do you think people's opinions about their bodies can change over time? Why or why not?
- How might media influence our perceptions of body image?
- Why is having a positive body image important for our well-being?
- How can our thoughts about our bodies affect our emotions and actions?

## Purpose

Let students know what you want them to get out of the text. Have students read to:

- Comprehend the concept of body image and its relationship to self-esteem.
- Recognize the factors contributing to body image issues and their effects.
- Explore strategies for cultivating a positive body image and supporting others.
- Understand the historical context of body image and its evolution.

## During Reading

### Vocabulary

Have students write down any unfamiliar terms that are not defined in the book. These can be reviewed later.

## After Reading

### Discussion Questions

After students have read the book, ask them the following questions to aid in their comprehension of the material and facilitate discussion. This can be done as a class or in smaller groups.

- What is body image, and how is it connected to self-esteem?
- How do external factors such as media and societal pressures influence body image issues?
- What are some potential effects of negative body image on mental and physical well-being?
- How can individuals combat negative thinking patterns related to body image?
- What are some proactive steps people can take to improve their body image?

### Reader's Response

Help students practice active reading by asking the following questions. They can be answered in discussion groups or in a reading journal.

- Did anything surprise you or challenge your previous beliefs about body image in this book?
- Why do you think it's important to focus on more than just physical appearance when considering body image?
- How can practicing positive self-talk and highlighting personal strengths contribute to a healthier body image?
- What steps can you take to limit your exposure to media that might negatively impact your body image?

- How might embracing diversity in media representations influence how people perceive their own bodies?

### Other Writing Activities

- Imagine someone you know is struggling with body image issues. Write a letter or a short dialogue that offers support and guidance.
- Research a famous person who has openly spoken about their body image journey. Write a short biography highlighting their struggles and how they've overcome them.
- Compose a journal entry reflecting on the strategies you've learned from the book that you plan to incorporate into your daily life to improve your body image.

## Interdisciplinary Activities

### Social Studies

- Explore the evolution of beauty standards across different cultures and time periods. Compare and contrast historical perspectives on body image with modern ideas.
- Discuss the societal impact of body image issues, including potential consequences on mental health and relationships.

### Science

- Investigate the connection between body image and mental health. Research how self-perception can affect brain function and neurotransmitter activity.
- Create a presentation about the physical and psychological effects of eating disorders, emphasizing the importance of seeking help.

### Health Education

- Collaborate with a physical education teacher to organize a workshop that promotes the importance of physical activity and healthy eating for overall well-being, rather than solely for changing appearance. Discuss the concept of body positivity and how it aligns with adopting healthy habits.