# Skill-Building Challenge Worksheet: Analyzing Social and Media Influences

Name: Blank Class: Blank Date: Blank

Make a list of three different social media and traditional media sources you use or look at on a regular basis. For each source, explain why you use the source and what it is you want to see or accomplish when using that media. Think about magazines, television, websites, and social media sites. Then, for each source, reflect on how you feel and act after you have been looking at the source or site. How does it affect your own self-image? Finally, consider how each media source affects your health behaviors. An example is provided.

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| --- | --- | --- | --- |
| **My media source** | **Why I use this media source** | **How I feel when using it** | **How does this influence my health behaviors and choices** |
| *Instagram* | *To keep track of what my friends are doing; to look at what is on sale at my favorite stores* | *I feel okay looking at it. Sometimes I notice the models and don’t feel like I am pretty enough.* | *I sometimes go out and buy a new product to try on my skin or hair. I spend money I don’t need to spend and most of the products either don’t work or they won’t make me look the way someone else does.* |

**My Media Source #1:**  Blank

Why I use this media source:

How I feel when using it:

How does this influence my health behaviors and choices:

**My Media Source #2:**  Blank

Why I use this media source:

How I feel when using it:

How does this influence my health behaviors and choices:

**My Media Source #3:**  Blank

Why I use this media source:

How I feel when using it:

How does this influence my health behaviors and choices: