# Skill-Building Challenge Worksheet: Analyzing Influences on Body Image

Name: Blank Class: Blank Date: Blank

Media play a big role in how we view ourselves and how we understand social expectations around appearance. Conduct a content analysis of your favorite television or social media shows. As you watch and consume your favorite media, keep track of how often people comment positively or negatively about their appearance or the appearance of others. Mark each positive and each negative comment using a tally mark (a line or check mark). In the notes and examples area, keep track of what types of things were said. For example, are the comments about weight, size, or fitness? Are they about hair, skin, makeup, or clothing? Are the comments different by gender, age, or ethnicity? When you are done, report the percentage of positive references and negative references. Summarize your observations and respond to the following question.

Name of TV or social media show: Blank

|  |  |  |
| --- | --- | --- |
| Type of comment | Tally | Notes and examples |
| Positive |  |  |
| Negative |  |  |

Positive comments: Blank %

Negative comments: Blank %

**Observations:**

How might your body image be influenced by the types of comments you are exposed to?