

The background is a dark gray gradient, transitioning from a slightly lighter shade at the top to a darker shade at the bottom. Scattered across the image are numerous water droplets of various sizes. Some are large and prominent, showing clear highlights and reflections, while others are small and subtle. The droplets are primarily located in the top-left and bottom-right corners, with a few smaller ones scattered throughout the center.

EATING DISORDERS



WHY MIGHT A PERSON HAVE AN EATING DISORDER?

WHAT MIGHT ATTRIBUTE TO EATING DISORDERS?

DO EATING DISORDERS ONLY AFFECT FEMALES?





MANY TEENS ARE NOT SATISFIED WITH THE SIZE AND SHAPE OF THEIR BODIES. THIS DISSATISFACTION CAN SOMETIMES LEAD TO AN EATING DISORDER. IMAGES IN MAGAZINES CAN CONTRIBUTE TO THE PROBLEM. USE THIS CHECKLIST TO EVALUATE THE MESSAGES THAT TEEN MAGAZINES SEND ABOUT YOUR BODY AND APPEARANCE

1. DO THE IMAGES SHOW A NARROW RANGE OF BODY SHAPES AND SIZES?
2. ARE THE FEMALES IN THE IMAGES TALLER AND THINNER THAN TYPICAL TEENAGE GIRLS
3. ARE THE MALES IN THE IMAGES TALLER AND MORE MUSCULAR THAN TYPICAL TEENAGE BOYS
4. ARE THERE STORIES ABOUT PEOPLE WHO ARE DIETING, BULKING UP, OR GETTING A MAKEOVER?
5. DOES THE MAGAZINE MAKE YOU FEEL DISSATISFIED WITH YOUR BODY?

LOOK AT THE FOLLOWING MAGAZINE COVERS, STORIES AND ANSWER THOSE 5 QUESTIONS





1. Do the images show a narrow range of body shapes and sizes?
2. Are the females in the images taller and thinner than typical teenage girls
3. Are the males in the images taller and more muscular than typical teenage boys
4. Are there stories about people who are dieting, bulking up, or getting a makeover?
5. Does the magazine make you feel dissatisfied with your body?

The image shows the cover of the January/February 2014 issue of Shape magazine. The cover features a full-body photograph of Petra Nemcova, a supermodel and philanthropist, wearing a black leather jacket over an orange and black sports bra and black leather shorts. She is smiling and has long blonde hair. The magazine title 'SHAPE' is at the top in large black letters, with 'SHAPE YOUR LIFE' in smaller text. A gold circle in the top right corner says '2014 WINTER OLYMPIC PREVIEW'. On the left, text reads 'Super 7-Day Cleanse DROP POUNDS IN DAYS! The All-Natural Tummy Tuck'. On the right, text reads 'Supermodel & Philanthropist PETRA NEMCOVA On Surviving the Tsunami, Helping Others & Looking Better Than Ever!'. Below that, it says '(FAST) FOOD CURES Eat It to Beat It' and '365 Days of Glowing, Flawless Skin'. At the bottom left, it says 'Small Steps, Big Results! Boost Your Health Today' and 'TONE EVERY INCH—FAST!' with three bullet points: 'Tight, Sexy Butt', 'Lean & Firm Thighs', and 'Sleek, Strong Arms'. At the bottom right, it says 'JAN/FEB 2014 SHAPE.COM' and has a barcode with the price '\$4.99 US \$5.99 CAN' and '0 74470 51078 9'.

SHAPE
SHAPE YOUR LIFE

2014 WINTER OLYMPIC PREVIEW

Super 7-Day Cleanse
DROP POUNDS IN DAYS!
The All-Natural Tummy Tuck

Supermodel & Philanthropist
PETRA NEMCOVA
On Surviving the Tsunami, Helping Others & Looking Better Than Ever!

(FAST) FOOD CURES
Eat It to Beat It

365
Days of Glowing, Flawless Skin

Small Steps, Big Results!
Boost Your Health Today

TONE EVERY INCH—FAST!

- * Tight, Sexy Butt
- * Lean & Firm Thighs
- * Sleek, Strong Arms

JAN/FEB 2014
SHAPE.COM

\$4.99 US \$5.99 CAN
0 74470 51078 9
DISPLAY UNTIL FEBRUARY 24, 2014

1. DO THE IMAGES SHOW A NARROW RANGE OF BODY SHAPES AND SIZES?
2. ARE THE FEMALES IN THE IMAGES TALLER AND THINNER THAN TYPICAL TEENAGE GIRLS
3. ARE THE MALES IN THE IMAGES TALLER AND MORE MUSCULAR THAN TYPICAL TEENAGE BOYS
4. ARE THERE STORIES ABOUT PEOPLE WHO ARE DIETING, BULKING UP, OR GETTING A MAKEOVER?
5. DOES THE MAGAZINE MAKE YOU FEEL DISSATISFIED WITH YOUR BODY?



1. DO THE IMAGES SHOW A NARROW RANGE OF BODY SHAPES AND SIZES?
2. ARE THE FEMALES IN THE IMAGES TALLER AND THINNER THAN TYPICAL TEENAGE GIRLS
3. ARE THE MALES IN THE IMAGES TALLER AND MORE MUSCULAR THAN TYPICAL TEENAGE BOYS
4. ARE THERE STORIES ABOUT PEOPLE WHO ARE DIETING, BULKING UP, OR GETTING A MAKEOVER?
5. DOES THE MAGAZINE MAKE YOU FEEL DISSATISFIED WITH YOUR BODY?



1. DO THE IMAGES SHOW A NARROW RANGE OF BODY SHAPES AND SIZES?
2. ARE THE FEMALES IN THE IMAGES TALLER AND THINNER THAN TYPICAL TEENAGE GIRLS
3. ARE THE MALES IN THE IMAGES TALLER AND MORE MUSCULAR THAN TYPICAL TEENAGE BOYS
4. ARE THERE STORIES ABOUT PEOPLE WHO ARE DIETING, BULKING UP, OR GETTING A MAKEOVER?
5. DOES THE MAGAZINE MAKE YOU FEEL DISSATISFIED WITH YOUR BODY?

NBA PLAYOFFS

Whose Focus Is Sharpest?



ChaCha
LESSONS with
RICK REILLY

NHL
PLAYOFFS
TIME TRICKS
OF THE TRADE

**KELLY
SLATER
POPS
OFF**

FROM
RATTED OUT
TO THE
BRAVES'
OUTFIELD



espnthemag.com
12.09

May
04 2008

\$4.99 US/\$5.99 CAN/FOR



LEBRON JAMES
EYES A TITLE

1. DO THE IMAGES SHOW A NARROW RANGE OF BODY SHAPES AND SIZES?
2. ARE THE FEMALES IN THE IMAGES TALLER AND THINNER THAN TYPICAL TEENAGE GIRLS
3. ARE THE MALES IN THE IMAGES TALLER AND MORE MUSCULAR THAN TYPICAL TEENAGE BOYS
4. ARE THERE STORIES ABOUT PEOPLE WHO ARE DIETING, BULKING UP, OR GETTING A MAKEOVER?
5. DOES THE MAGAZINE MAKE YOU FEEL DISSATISFIED WITH YOUR BODY?



1. DO THE IMAGES SHOW A NARROW RANGE OF BODY SHAPES AND SIZES?
2. ARE THE FEMALES IN THE IMAGES TALLER AND THINNER THAN TYPICAL TEENAGE GIRLS
3. ARE THE MALES IN THE IMAGES TALLER AND MORE MUSCULAR THAN TYPICAL TEENAGE BOYS
4. ARE THERE STORIES ABOUT PEOPLE WHO ARE DIETING, BULKING UP, OR GETTING A MAKEOVER?
5. DOES THE MAGAZINE MAKE YOU FEEL DISSATISFIED WITH YOUR BODY?

EATING DISORDER

- A MENTAL DISORDER THAT REVEALS ITSELF THROUGH ABNORMAL BEHAVIORS RELATED TO FOOD
- A PERSON SEES THEMSELVES AS OVERWEIGHT EVEN WHEN VERY THIN
- BODY DYSMORPHIA



ANOREXIA NERVOSA


- A PERSON WHO DOESN'T EAT ENOUGH FOOD TO MAINTAIN A HEALTHY BODY WEIGHT
 - SELF STARVATIONS
- HEALTH RISKS
 - MALNOURISHED, HEART FAILURE, DEATH
- POSSIBLE CAUSES
 - LOW SELF-ESTEEM, STRONG DESIRE TO PLEASE OTHERS, TROUBLED RELATIONSHIPS
- TREATMENT
 - HOSPITAL, FEEDING TUBE, MENTAL HEALTH EXPERTS, OUTPATIENT REHAB



BULIMIA

- BINGING AND PURGING
 - VOMIT, LAXATIVES, CRASH DIETS
- HEALTH RISKS
 - DEHYDRATION, KIDNEY DAMAGE, BAD TEETH
- POSSIBLE CAUSES
 - LOW SELF-ESTEEM, STRONG DESIRE TO PLEASE OTHERS, TROUBLED RELATIONSHIPS
- TREATMENT
 - MENTAL HEALTH PROFESSIONAL

Possible signs

- Unable to control binges
 - Eating too much too quick
 - Eating in private
 - Cycles of weight loss and gain
 - Bathroom visits right after eating
 - Hoarding or storing food
- 



BINGE EATING DISORDER

- AN UNCONTROLLABLE URGE TO EAT LARGE AMOUNTS OF FOOD, CAN NOT STOP EVEN WHEN THEY ARE FULL
 - HEALTH RISKS
 - EXCESS WEIGHT GAIN, UNHEALTHY DIETING
 - POSSIBLE CAUSES
 - DEAL WITH EMOTIONS
 - TREATMENT
 - ADDRESS UNDERLYING EMOTIONAL ISSUE, EAT SLOWLY, HELP LEARNING HOW TO CONTROL THEIR EATING
- 