



**At the end of the lesson, the student will be able to:**

- \*increase awareness about the negative impact of body shaming.
- \*encourage an acceptance of self and others with regards to body size and appearance.



### Read the Article:

I wonder if people fully realize how women are being **sabotaged** by the advertising establishment, which tells us we are nothing unless our bodies are perfect.

We live in a society in which women are brainwashed to feel imperfect, because it's good business to keep selling products that (by definition, since no one is perfect) can never achieve their goal. Women have chosen to place so much importance on their weight and looks because they have been taught that if they look better, they will be better loved and have more fun.

I used to be **bulimic**. But after seeing a very good counselor, I realized that I'd chosen to give an insane amount of power to those extra 10 pounds on my body. I know now that my life and my problems are the same whether I'm 10 pounds overweight or 10 pounds underweight. When will the media and other powerful elements in our society stop insisting that thinness is ideal?

Why are women judged by what they weigh, but men are judged by what they do and the way they do it?



### Let's Talk:

1. Are you worried about your weight? How about your height? If so, what can you do?
2. Do you think slim people are more accepted in our society than overweight ones? Why?
3. How much responsibility do the mass media have for causing dieting problems?
4. How can we win the diet war? Can it be won?
5. On what basis should the “proper” weight be determined? Who do you think should decide this?
6. What kinds of weight-control methods are available without side effects?



### Express Yourself:

1. What do you mean by this phrase “women are being sabotaged by the advertising establishment?”
2. Do you agree that women have chosen to place so much importance on their weight and looks?
3. Why does making women feel sensitive to their imperfections make good business sense?
4. What did the writer realize after seeing a counselor?
5. How are men and women judged differently? What should the common standard be?