

Building Body Positivity Discussion Guide

The building positive body image video is just one part of this lesson. We have provided a list of discussion questions broken down by each slide/topic presented in the video. You can pause the video at these points to ask questions, or use some or all of these discussion questions after watching the entire video. Also, this can be done individually or as a group.

Effects (Slide 3)

1. In what ways has body image affected you or someone you know?

Negative (Slide 4)

2. How has media affected the body image of you or someone you know in a negative way?
 - a. What about friends?
 - b. Family?
3. Now how about in a positive way? Can you think of any instances where your body image or someone else's has been improved through media?

Positive (Slide 5)

4. Amanda shared some ideas for developing positive body image, but you probably have some of your own as well. What kinds of things can you think of that may help to build body positivity? This might be something that has worked well for you or someone you know.

People (Slide 6)

5. Is there anyone that you follow on social media who is a role model for body positivity? Let's share these so we have even more ideas about new people to follow so that we can fill our feeds with messages that make us feel good about ourselves.
6. What about in person? Is there anyone you know that is a role model for body positivity? Who and why?

Goals (Slide 7)

7. What goal or goals did you make for yourself and what steps will you take to reach the goal or goals?
8. Are the goals you set for yourself small and achievable? If not, try to break them down a little more. Maybe one of your steps should be your first goal.

Contact Dr. Ginny Ramseyer Winter at RamseyerWinterV@Missouri.edu for more information.

**Our vision is to improve body image, health, and wellness
for individuals, families, and communities.**