



# Health at Every Size So, What is Normal?

## Student Activity

### Hype or Health?

In small groups, pick an ad and answer the following questions. Have one person in each group write down your answers. Designate one person to report back to the class.

1. What is common about the “look” of the people in the ads? Do they look real? Do they look like you and your friends? Are they portrayed in a negative or positive way?
2. What kinds of feelings or emotions are the ads trying to stir up? What do the ads want you to feel?
3. What is the ad saying? What does the ad want you to believe?
4. Who do these ads target most? Males or females?
5. How does the media influence how people feel about their body shape?
6. Will buying this product make you feel differently about your body?



# Health at Every Size

## So, What is Normal?

### Student Activity

#### So, What is Normal?

In small groups review the “So, What is Normal?” poster. Have one person in each group write down your answers. Designate one person to report back to the class.

1. What are some of your favourite activities? Are there activities that you like that are similar to what the teens on the poster like? If so, which ones?
2. What are some of your favourite foods? Are there foods that you like that are similar to what the teens on the poster like? If so, which ones?
3. What shapes and sizes are the teens in the poster?
4. What is the key message from the poster?
5. What are some of the characteristics that make up a healthy teen?
6. List 3 strategies that will make you feel good about yourself (physically, mentally, and socially)? Use the back of the page if you need more space.
  - 
  - 
  -