Body Image

For this assignment, you will need to pay extra attention to all media and advertisements for a couple of days. Your attention needs to be as much as you can reflect on them for the assignment. In 500-750words, do the following:

1.Discuss if there was a time you found comparing yourself to the media, real-life people, or TV/media ads. Include what the comparison was about and how it impacted you.

2.Describe any connections you see between the media and eating disorders. Include other patterns and behaviors you may have witnessed outside of the media.

3.Discuss changes you would make in media to promote more positive body image. Include specific ideas and changes supported by research.

4.Recommend various types of treatment available for individuals with eating disorders.

Use the GCU Library databases and include two to four scholarly sources from the GCU library to support your claims. In addition to the scholarly resources from the library, you can include past classroom materials as well as your textbook as additional reference material.