

SRE: Body image

When discussing body image it is better to use the word “natural” rather than “normal”. Body image is a term used to describe how you feel about the way you look. We are all physically different from each other and ideas about what is “perfect” or “attractive” vary depending on personal likes and dislikes. The media often manipulates images to create the “perfect body”.

Barbie is not a realistic representation of a female body!

- She has a child’s size 3 foot! Her ankles are so thin they would probably snap if she tried to stand up.
- Her wrists are very thin. She would be physically incapable of lifting anything heavy.
- Her neck is twice as long and thinner than the average woman. It would not be able to support the weight of her head!

Many toys, film characters and adverts have unrealistic body shapes and sizes.