

# Tips for Becoming a Critical Viewer of the Media

Media messages about body shape and size will affect the way we feel about ourselves and our bodies only if we let them. One of the ways we can protect our self-esteem and body image from the media's often narrow definitions of beauty and acceptability is to become a critical viewer of the media messages we are bombarded with each day. When we effectively recognize and analyze the media messages that influence us, we remember that the media's definitions of beauty and success do not have to define our self-image or potential.

## To be a Critical Viewer, remember:

- ☆ All media images and messages are constructions. They are NOT reflections of reality. Advertisements and other media messages have been carefully crafted with an intent to send a very specific message.
- ☆ Advertisements are created to do one thing: convince you to buy or support a specific product or service.
- ☆ To convince you to buy a specific product or service, advertisers will often construct an emotional experience that looks like reality. Remember, you are only seeing what the advertisers want you to see.
- ☆ Advertisers create their message based on what they think you will want to see and what they think will affect you and compel you to buy their product. Just because they think their approach will work with people like you doesn't mean it has to work with you as an individual.
- ☆ As individuals, we decide how to experience the media messages we encounter. We can choose to use a filter that helps us understand what the advertiser wants us to think or believe and then choose whether we want to think or believe that message. We can choose a filter that protects our self-esteem and body image.

## To help promote healthier body image messages in the media, you can:

- ☆ Talk back to the TV when you see an ad or hear a message that makes you feel bad about yourself or your body by promoting only thin body ideals.
- ☆ Write a letter to an advertiser you think is sending positive, inspiring messages that recognize and celebrate the natural diversity of human body shapes and sizes. Compliment their courage to send positive, affirming messages.
- ☆ Make a list of companies who consistently send negative body image messages and make a conscious effort to avoid buying their products. Write them a letter explaining why you are using your "buying power" to protest their messages. Tear out the pages of your magazines that contain advertisements or articles that glorify thinness or degrade people of larger sizes. Enjoy your magazine without negative media messages about your body.
- ☆ Talk to your friends about media messages and the way they make you feel. Ask yourself, are you inadvertently reinforcing negative media messages through the ways you talk to yourself (and the mirror), the comments you make to children or friends, or the types of pictures you have on the refrigerator or around the office?

For more information, contact the National Eating Disorders Association at 603 Stewart St., Suite 803, Seattle, WA 98101  
Information and Referral Helpline: 800-931-2237 or [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)

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