

**Title:** Body Image

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**Grade Level:** 7

**Summary of Lesson:** Students research and reflect on how social media impacts body image.

**Focus Question:** How does social media play into body image?

**Database:** *Opposing Viewpoints in Context*

**Procedures:**

**Steps/Activities:**

Day 1

- Introduce the term body image. Give examples. Introduce the term social media. Give examples.
- Give students writing prompt with no access to research. “How does social media play into body image?”
  - Prompt is due by the end of the class period.

Day 2

- Five minute review for previous day including a further in depth description of social media types (facts only no opinion)
- Allow students time to research pro-side. “Social media **does** impact body image.”
  - Keep notes on a google document or hard copy
  - All information must be cited.

Day 3

- Allow students time to research con-side. “Social media **does not** impact body image.”
  - Keep notes on a google document or hard copy
  - All information must be cited.

Day 4

- Give student the SAME writing prompt for the second time. “How does social media play into body image?” Students are expected to write an informed essay on evidence obtained through day two and three research.
  - Note: Students may change viewpoints from day 1. Students not changing viewpoints must further elaborate on their stance using research.
  - Essay is due by the end of the hour.

Day 5

- Conduct a group activity based on body image content and class dynamic
  - Possible ideas include:
    - Four corner debate
    - Traditional two sided debate
    - Discussion

**Outcome:** Students will gain a better understanding of the influences of social media on body image. In addition, students will learn the importance of forming an evidence based viewpoint through credible resources.

**Related Activities:** See day five.