

**Get REAL! Storytelling Booth**  
**Associated Students at the USU (University Student Union)**  
**October 24, 2014**

**Guidelines:**

- Tell a story about body image. Pick an experience that is important to you. You may focus on one of the categories below and use the questions to think about what you want to say. Feel free to talk about something not listed below.
- Be yourself. Speak slowly and clearly.
- Limit your story to 2 minutes or less.
- Practice before you come to the storytelling booth.

**Storytelling Categories and Questions**

Body Images in the Media

- Out of all the media you use – magazines, TV, movies, music, video games, social media (Facebook, Twitter, Instagram, Pinterest, etc.) – which one would you say represents body shapes and sizes the best? Which one is the worst offender? Why?
- What is a specific example of an ad, music lyrics, TV show, video game, or other media content that represents positive and real body image(s)? Negative or unrealistic body image(s)?

Media's Influence on Body Image

- Do you think media affect people's body image? In what ways?
- Do media affect your body image? Do you think that media affect other people's self-image? Your friends or family members? Why or why not? What indication do you have?
- Can you spot Photoshopping? When you use media, do you realize when a model or celebrity in an ad is digitally retouched? What about a photo in a magazine or on social media? How can you tell? Is there something that gives it away? How do you feel about it? What do you think should be done about digitally-altering bodies to fit a certain cultural standard?

Selfies

- When you take a selfie, what is your deliberating process before you share it?
- Do you realize when a selfie is filtered? If so, how do you feel about it?

Clothing/Fashion

- Do you choose clothes based on your body shape? Are there certain clothes you avoid? Why?
- How does advertising affect your choices? How do media or celebrities affect your decisions?
- When you go shopping, what kinds of experiences do you encounter when dealing with sizes? Choose one to talk about.

Body Confidence

- How do you feel about your body? What concerns you? What gives you body confidence?
- When are you most comfortable in your own skin?
- What is one thing you would never change about yourself?
- Do you compare yourself to celebrities? Why or why not? Do you know other people who compare themselves and what do they talk about or actions do they take?
- If money was not an issue, how might you change your body? (plastic surgery, diet aids, etc.)

Relationships

- Was body image a prevalent topic in your home while growing up? If so, how?
- Have you ever felt left out because of your appearance? How far have you gone to fit in?
- What would you tell your "high school self" about your body image? What do you know now that you didn't know then that affects how you feel about your body?