

WHO AM I SUPPOSED TO BE?

Distribute two large pieces of poster board, a pair of scissors and an assortment of recent magazines geared for youth and/or dealing with fashion and fitness. Invite group members to put together two posters, using cut- or torn-out photos and words, one illustrating how a young woman is "supposed" to look, think, feel and act and the other illustrating how a young man is "supposed" to look, think, feel and act. Let the posters reflect contemporary standards and values, both of appearance and accomplishment.

After the posters are completed, discuss:

- How do the teenagers whom you know compare to this media image?
- What pressures do such media images place on today's teenagers? What is the result?
- What percentage of today's teenagers accept the media image of the "ideal" young person?
- What percentage of today's teenagers believe that they meet the media image of the "ideal" young person?