



Name _____
Family Foods, ____/15 points

THIN DOCUMENTARY QUESTIONS

The questions below are intended to be used in conjunction with the HBO documentary film, Thin.

Note: If watching via YouTube, it is unedited and there may be graphics and/or language that were not suitable to be shown in class.

1. What factors contribute to positive body image and healthy self-esteem?
2. Do you think there is such thing as a perfect body? Explain your rationale.
3. Alisa drew an outline of what she perceives to be her body image. How do you see your own body? Does your perception change depending on your mood? Do others see you the way you see yourself?



4. Where does the standard for what is attractive come from in our society?
5. Why do you think people compare themselves to other people, friends or classmates? How does it make you feel to compare yourself to others?

6. How are contemporary female bodies typically represented in advertisements, television, movies, and print media? How do these representations influence the way girls feel about their bodies and the way they dress?

7. Who in society benefits from people being unhappy with their bodies?

8. Polly and Brittany discuss their parents' attitudes toward dieting. Think about your own parents/guardians. Do they diet, count calories, exercise? How has their attitude about weight affected you?

9. Shelly has a twin sister. How do siblings and/or peers influence the way young boys and girls act, look, and think about themselves and others?

10. The individuals who are featured in the film are all women. Men also struggle with eating disorders, but why do you think anorexia and bulimia overwhelmingly affect young females more than young males?

11. Describe if and how this documentary has impacted you. This can be in terms of how you see eating disorders, the culture influencing eating disorders, how the healthcare system works, etc.