

I thought was normal. No one told me the models were airbrushed and dying to be skinny themselves.

2 Marketing and advertisement agencies focus on models such as a tall, thin woman or a muscular man with a chiseled jawbone when casting for photo shoots and television commercials. The problem with only portraying those types of men and women is that not everyone looks that way. When the majority of articles in magazines give readers tips on how to have the perfect abs or how to lose ten pounds in three days, it isn't hard to wonder why teenagers today are dressing more provocatively and worrying much more about what they look like than about the grades they are getting in school.

3 Parents have an *obligation* to their children to help safely guide them to become healthy adults. Because media and advertising are constantly being broadcast to our children, parents need to offer more information to help children form better opinions about the many messages they are being fed. One very strong message being advertised is that women who are tall and thin are attractive, just as men who are muscular and fit are attractive. If parents allow teenagers to view magazine advertisements and television commercials that depict this message, they are setting them up for a skewed view of what "beauty" is. This leaves teenagers feeling as if they do not fit in if they do not fall into this stereotype or image. And if they do not fit in, they are not beautiful.

4 Consider that nearly 50 percent of all teens and preteens categorize their exposure to television as "most of the time," so they are exposed to many advertisements every year. Of these advertisements seen, many are for diet pills, clothing, and hygiene products, products that show how to "fix" human flaws. Furthermore, there are television shows, movies, and commercials *depicting* scantily clad young women and buff young men in tight T-shirts. Many young people have no idea that the media are permitted to airbrush out imperfections from photos.

5 When a child grows up day to day becoming familiar with certain images, it doesn't take long before those images make an impact on each child and his or her future beliefs, whether about their body, their skin, or who they *ultimately* are as a person. Oftentimes, busy working-parent and single-parent homes end up with children watching more television because it is something inside the home that can safely entertain them. Haven't we all allowed our child to view a program so that we can have time to wash the dishes? But just how "safe" is this entertainment, especially for *impressionable* teens?

6 When a preteen or teenager is trying to find his or her style, thoughts, and self, having a healthy body image and healthy self-esteem are critical. Teens often have *bouts* of low self-esteem and feelings of loneliness as they progress from elementary school to high school. It is during this time of finding one's self that many teens are now requesting

Pause Why does Arnett feel she developed an eating disorder?

Pause Why does Arnett believe that television is having such a large influence on the lives of teens and younger adults today?

Pause What does Arnett mean when she talks about a "safe" environment?