



Video Resources for Schools

This is a list of video recommendations to be used in the classroom. Some are available for purchase and others are available for rental.

BodyTalk 1: Teens Talk About Their Bodies, Eating Disorders, and Activism. (1999). 28 min. The Body Positive. For middle school and high school students. “Refreshing, hip, and engaging...this video does not directly discuss (and thereby teach) the symptoms of eating disorders.” Focuses on the feedback we receive from the media, family, and peers regarding our bodies and eating patterns. (Includes a guidebook).

BodyTalk 2: It’s a New Language. (2001). 17 min. The Body Positive. Ages 8-13. “Children of diverse backgrounds and sizes talk openly about puberty, teasing, trying to fit in, and the pressure they feel to look a certain way.”

BodyTalk 3: My Special Body. (2004). 20 min. The Body Positive. Ages 6-9. “Teaches children that health can come at any size, to eat when they are hungry and stop when they are full, and to move because it feels good.” Children speak about the harm of being teased, tips are provided for coping with these situations, and eating for health and exercising for fun is discussed.

Reviving Ophelia. (1998). 38 min. Mary Pipher, Ph.D. Discusses the challenges facing today’s teens, especially females, and the role of media and pop culture in shaping their identities.

This is Your Life! - Video Kit. (1999). 54 min. Foodplay Productions. For grades 4-9. A fun and thoughtful tool for teaching media literacy and helping adolescents make healthy choices regarding nutrition, fitness, body image, and eating disorders.

Tough Guise: Violence, Media and the Crisis in Masculinity. (1999). 82 min., by Jackson Katz. The first educational video aimed at high school and college students that deals with the social constructions and depictions of masculinity in the 21st century.

What a Girl Wants. (2001). 33 min. Elizabeth Massie and CHC Productions. A half-hour examination of how the media represents girls, as told by girls themselves.

Real Women Have Curves. (2002). 84 min. Patricia Cardoso. Rated PG-13. Ana is Mexican-American, freshly graduated from high school, has her first boyfriend, and is full-figured. As she struggles to define her identity, she learns that real women take chances, have flaws, embrace life, and above all have curves!

Killing Us Softly 4: Advertising's Images of Women. (2010). 45 min. Jean Kilbourne. Summarizes 20 years of media critiques and examines new methods the media has developed to sell gender stereotypes and unrealistic body ideals.

America the Beautiful. (2007). 105 min. In a society where "celebutantes" like Paris Hilton dominate newsstands and models who weigh less than 90 pounds die from malnutrition; female body image is one of the more dire problems facing today's society. "America the Beautiful" illuminates the issue by covering every base. Child models, plastic surgery, celebrity worship, airbrushed advertising, and dangerous cosmetics - no rock is left unturned.

America the Beautiful 2: The Thin Commandments. (2011). 90 min. In a follow-up to "America the Beautiful", this film examines the cause of our country's obsession with dieting. "America The Beautiful 2: The Thin Commandments" also weighs in on the raging debate between doctors who say fat is healthy versus those who disagree. Covering issues such as America's unhealthy dieting craze, the use of the outdated and misleading BMI scale and the currently touted "obesity epidemic," Roberts debates the widely believed concepts that you have to be thin to be healthy.

[Not yet available for purchase.](#)

Miss Representation. (2011) 90 min. Like drawing back a curtain to let bright light stream in, *Miss Representation* uncovers a glaring reality we live with every day but fail to see. Written and directed by Jennifer Siebel Newsom, the film exposes how mainstream media contribute to the under-representation of women in positions of power and influence in America. The film challenges the media's limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself.

Dying to be Thin. (2000) 60 min. Tormented by an irrational fear of being fat, an estimated eight million young women are torturing themselves, sometimes to death. Meet students, ballet dancers, fashion models and other young women who are seeking recovery or have conquered their disease. Discover how leading eating disorder specialists are making dramatic advances in the diagnosis and treatment of these two devastating diseases that affect 8 million Americans.

Recovering: Anorexia Nervosa and Bulimia Nervosa. (2012) 27 min. Grade 7 - Adult. Eating disorders, anorexia nervosa and bulimia nervosa, afflict people of all ages and race, especially young women, and are serious medical conditions that can be deadly if left untreated. Join Emmy award-winning documentary filmmaker and host Larkin McPhee (*Dying to Be Thin*) as she uncovers the challenges of coping with an eating disorder. Meet some experts and people in recovery who offer an honest appraisal of their struggles to overcome their eating disorders. Topics and themes discussed include: