

Story 5



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In the past, adolescent girls looked at girls in their community to pick role models for how they wanted to look. There were few magazines for teens and there was no TV. Movie stars were mostly adults. Real girls were the best models around.

Now there are thin, beautiful teen models and stars everywhere. Teen magazines, TV shows, and movies feature trim teens with perfect skin and hair. That puts more pressure than ever on girls to look great.

Surveys show that looking “normal” is very important to girls, but there are many ideas about what’s normal. The Girl Scout Research Institute learned that one-third of girls consider themselves too fat or too thin. In fact, only 16% of girls aged 6 to 19 are obese. That is a high number that causes concern for diabetes and other weight disorders, but many girls who think they are “fat” are just fine.

How do you know what’s best for your body? Check with your doctor. Be active and eat healthy foods. Imitate active girls with good health habits. Most important, think about how you want to look for yourself, not for someone else’s happiness.

Main Idea and Details

1. What is the main idea of this article?
 - a. It is good to be thin.
 - b. There is pressure for girls to look like stars.
 - c. Most diets don't work well.

2. True or false? There are more adolescent stars today than there were years ago.

3. What percent of girls aged 6 to 19 are considered obese?
 - a. 33%
 - b. 25%
 - c. 16%.

Vocabulary and Semantics

4. What is a **role model**?
 - a. a part in a movie
 - b. something with pieces that you put together
 - c. someone you try to be like

5. Which of these words is not a synonym for **imitate**?
 - a. mimic
 - b. imagine
 - c. copy

Fact and Opinion

6. Which statement is an opinion?
- a. Many teen models today are thin.
 - b. Girls shouldn't worry about how they look.
 - c. A doctor can tell you if your body weight is healthy.

7. Do you agree or disagree with this opinion? Why?

If your parents are overweight, you will be overweight by the time you become an adult.

8. Do you agree or disagree with this opinion? Why?

Movie stars make the best role models for how girls should look.

9. Do you agree or disagree with this opinion? Why?

It is not important for students to be physically active.

Asking Questions

Ask a question about pressure on boys to look like male stars or athletes.

Writing and Discussion Prompt

Write your best tips for developing and keeping a good body image, even if your image is different from what your friends think it should be.