

Body Image: Recommended Videos / DVDs

(see also this page of [streaming video clips](#) on this topic)

[Cover Girl Culture: Awakening the Media Generation](#)

[Picture Perfect](#) (Fanlight Productions) [study guide](#)

[FUEL: Skin Deep](#): teaches media literacy skills to help your students decode media messages about food, eating, weight, and body image.

[The Truth About Body Image](#) (AIMS Multimedia) ([Teacher guide](#))

[Killing Us Softly 4](#) (Media Education Foundation)

[Killing Us Softly 3: Advertising's Image of Women](#)
(Media Education Foundation) (Google [video link](#))

[Slim Hopes: Advertising and the Obsession with Thinness](#)
(Media Education Foundation)

Tough Guise (featuring [Jackson Katz](#))
(Media Education Foundation)

Body Image: Let's Get Real
(Grades 3-8; [TV Ontario](#); 800/331-9566)