

# The Body Image Standards and Practices Checklist

*Have I thought carefully about the following?*

## DO...

### Represent all types of shapes, weights, physical appearances, and features

- Do the characters have different body types, weights, and heights?
- Are there different races and ethnicities represented?

### Show realistic body proportions in animated characters

- Do female characters have exaggerated thin waists?
- Are male characters unrealistically muscular?

### Promote healthy weight regulation practices

- Are characters eating healthy foods?
- Do characters exercise to be healthy rather than for weight loss or shape reasons?

### Require actors and actresses to have a BMI of 18.5 or above (applies to adults and post-pubescent adolescents)

## DON'T...

### Body type-cast

- Are overweight characters portrayed as lazy, stupid, or ugly?
- Are popular girls all thin?
- Are popular boys all athletic?
- Are thin, non-muscular boys portrayed as nerds, geeks, or outsiders?

### Stigmatize overweight characters

- Are overweight characters shown eating unhealthy food more than other characters?
- Do overweight characters have as many romantic relationships as other characters?
- Do heavier cartoon characters have unattractive features, or are they portrayed as an evil, bad, or unintelligent character?
- Do overweight characters have as many friends as other characters?

### Sexualize children or young adolescent bodies

- Are kids or adolescents in skimpy wardrobe choices?
- Does the camera highlight specific body parts on kids or adolescents that are seen as sexual in adults?
- Does being more sexual make a character more popular?

### Normalize dieting and/or fat talk

- Are any characters dieting? If so, are negative consequences shown of dieting?
- Do characters make comments about cutting calories, not eating certain foods, or needing to slim down by a certain date?
- Do women receive positive comments for losing weight or looking slim?