

### Analyzing Influences – Issue: Body Image & Positive Self-Concept

Create a web with your name and health issue in the center. Each spoke signifies an influence in your life (i.e. family, peers, social media, etc.). Identify at least 5 influences AND the message that you receive from each of those influences about body image and self-concept. Finally draw a line connecting the source to yourself – *the thicker and bolder the line, the more powerful you feel that influence is on your decisions and behaviors about this topic.*

Influence

Message:

Influence

Influence

Message:

Message:

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Your Name

***Body Image  
Influences***

Influence

Influence

Message:

Message:

*Complete this at the end...*

**What is one action you can take to positively improve your own self-concept?**