# 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?