

MEDIA AWARENESS NETWORK

www.media-awareness.ca



Image Gap - Handout

Answer the following questions honestly. There are no right or wrong answers. This is a chance to learn something about yourself.

A. Read the list below. Check the five qualities you most admire in someone your age:

- | | |
|---|--|
| <input type="checkbox"/> Good grades at school | <input type="checkbox"/> Has money/things |
| <input type="checkbox"/> Good at art, music, and/or dance | <input type="checkbox"/> Attractive to the opposite sex |
| <input type="checkbox"/> Cool clothes | <input type="checkbox"/> Popular/lots of friends |
| <input type="checkbox"/> Smart | <input type="checkbox"/> Liked by teachers |
| <input type="checkbox"/> Mature | <input type="checkbox"/> Caring/sensitive |
| <input type="checkbox"/> Good at sports | <input type="checkbox"/> Healthy/strong |
| <input type="checkbox"/> Not afraid of parents/teachers | <input type="checkbox"/> Funny/sense of Humour |
| <input type="checkbox"/> Good-looking | <input type="checkbox"/> Not influenced by what others say/think |
| <input type="checkbox"/> Tough | <input type="checkbox"/> Other: |

B. Fill in the qualities chosen in Section A in the spaces provided. Circle a rating from 1 to 10 to indicate how much you think that it applies to you.

- | | |
|---------|----------------------|
| 1 _____ | 1 2 3 4 5 6 7 8 9 10 |
| 2 _____ | 1 2 3 4 5 6 7 8 9 10 |
| 3 _____ | 1 2 3 4 5 6 7 8 9 10 |
| 4 _____ | 1 2 3 4 5 6 7 8 9 10 |
| 5 _____ | 1 2 3 4 5 6 7 8 9 10 |

Reprinted, with permission, from Smoke-Free for Life, a smoking prevention curriculum supplement produced by the Nova Scotia Department of Health, Drug Dependency and Tobacco Control Unit, 1996.

© 2010 Media Awareness Network