

Student Reflection Page: Ken Haller

Grade Level: High School

Complete this reflection page after watching the Deeper Look video: Ken Haller. In this piece, Dr. Ken Haller discusses issues of body image, the influence of the media on young people, and the roles that physicians and other adults can play in helping young people to feel good about themselves. Write your responses, using examples from the video and your own experiences.

- 1. Dr. Haller explains that he tries to combat some of the negative media influences on young people. What are some of the negative images in the media that Dr. Haller is referring to?

- 2. What is one of your favorite parts of who you are as a person? Why is that aspect of yourself your favorite?

- 3. What is one part of yourself that you don't like? What can you do to change that part of yourself in a healthy way? How do you think media and/or the Internet have influenced how you feel about yourself?

- 4. What are some of your goals for the future? Can the Internet be a tool that could help you to reach those goals? How might it be helpful?
