

# Pre-Viewing and Discussion Questions

## Digital Citizenship: Hillary

### Grade Level: High School

#### Pre-Viewing

Before watching the video...

1. **Ask students** to think about TV commercials that they have seen for movies, TV shows and beauty products. On a sheet of paper, ask students to answer the following questions: What does the media, including TV shows, movies, and advertising, tell us about what a healthy, attractive person should look like? Construct a bullet point list of what the media tells us about what a healthy body should look like.
2. Ask students to share and compare their bullet-point lists with a partner in the class.
3. At the front of the room write: "What does a healthy body look like, according to the media?"
4. Bring the whole class together and ask each student to share one thing from their bullet point list about what the media tells us about what healthy bodies should look like. Record student responses in a list under the question at the front of the room. If students repeat what another student has already said, place a check mark next to the comment already written.
5. Ask students:
  - Are the expectations for healthy bodies the same or different for men and women?
  - In what ways are the expectations the same?
  - How do expectations differ?
6. Open up the class discussion by asking students:
  - What is your opinion of the media messages about healthy bodies?
  - Do you think they are healthy or unhealthy? Why?
7. Explain to students that they are about to watch a video about a young girl whose body image was negatively impacted by the media and the Internet. She developed an unhealthy obsession with weight loss called anorexia. Ask students if they have heard of "anorexia" and have them define it (*an emotional disorder characterized by an obsessive desire to lose weight by refusing to eat*).
8. Invite students to consider as they watch the video the ways the media and the Internet contribute to the development of Hillary's anorexia.

#### Discussion Questions

1. How did the Internet negatively contribute to Hillary's body image and her health?
2. Hillary explains that her eating disorder first started when: "I stumbled upon a website while I was researching for a paper for school and it had mentioned the pro-ana websites, and so I went there, and it was intense, very intense." Research on the Internet can take us down a rabbit hole that might not be healthy. What kinds of websites are useful? How do you choose which websites to look at and which to avoid?

3. As young adults we get many different messages about what “perfection” is. For Hillary, she had come to believe that being thin would make her perfect. After treatment, though, she realized: “I don’t have to be thin to be perfect.” What is “perfect”? Is it something that really exists? What are the negative impacts that the idea of “perfection” can have on young adults? How can you prevent against those negative impacts?
4. When Hillary began to explore pro-ana websites, she explained how she became more attached to being online: “It’s like a drug, it’s addicting.” In modern society people are more and more attached to their devices (e.g., computers, phones, tablets, etc.). In what ways is this attachment harmful?
5. Some people use the Internet to try to find communities that they can be a part of. For Hillary, the Internet proved to be more isolating: “I would come home every night, and I would get on the Internet in my room, that was my life, I lived on my computer, it seemed like.” Do you think that the Internet effectively creates community or is it isolating? Why?
6. Hillary faces hard decisions every day as a result of her battle with anorexia. She tells us: “I’m constantly wondering which road should I take, should I take the eating disorder road or should I take the recovery road? And it’s something that I fight with every day.” As a teenager you are likely facing hard decisions on a daily basis as well. What hard decisions do you need to make? How do you make those decisions? Who can you ask for help or guidance when making tough decisions?

## Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.