

Session Four, Exit Exercise #8:

Group Body Activism

We would like you, as a group, to do one additional form of “body activism.” As a reminder, “body activism” is something you could avoid, say, do, or learn to resist the thin-ideal. This could consist of writing a letter that you all sign and sending it to a magazine or company that promotes the thin-ideal. Decide what you want to do and check in with one another about it by e-mail or text messages. Please list some ideas below, and then one person can e-mail us about what you did as a group.

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Group members:

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____