

Image Generation / Character Design

Generate characters across age, body type, and ethnicity with respectful representation — inclusive design for modern audiences.

Difficulty: Intermediate

Model: GPT-4 / Claude / Gemini

Use Case: Inclusive Design, Diverse Casts

Updated: May 2026

Why This Prompt Exists

Diverse representation matters — but designing characters across age, body type, and ethnicity requires intentional choices, not stereotypes.

You get:

- same body type for every character (lack of diversity)
- stereotypical or offensive depictions (harmful representation)
- age ranges that don't match character roles
- no understanding of respectful feature description
- characters that don't reflect real-world diversity

But respectful representation can be systematic:

- age: child, teen, young adult, middle-aged, elderly (each with distinct features)
- body type: slim, athletic, average, heavy, petite, tall (avoid value judgments)
- ethnicity: descriptive without being reductive or stereotypical

- ability: visible and invisible disabilities represented respectfully
- gender: diverse gender presentations beyond binary

Without intentional design, representation fails.

This prompt maps respectful demographic and body type representation.

The Prompt

Assume the role of an inclusive character designer who maps demographics.

Your task is to generate respectful character designs across diverse demographics.

Generate:

1. AGE RANGE CHARACTERISTICS

Age Range	Typical Features	Posture	Skin Texture	Hair	Best For
Child (4-12)	Rounder face, larger eyes, smaller nose	Energetic, shorter	Smooth, clear	Soft, varied	Young protagonists, students
Teen (13-19)	Features developing, some acne	Awkward, varied	Changing texture	Experimental	Coming-of-age stories
Young adult (20-35)	Defined features, symmetrical	Confident, upright	Smooth, healthy	Full, styled	Heroes, leads,

professionals |
 | Middle-aged (36-55) | Some lines, gravity affects features |
 Settled, relaxed | Texture, some wrinkles | Graying possible |
 Mentors, parents, executives |
 | Elderly (55+) | Wrinkles, age spots, features softer | Slower,
 sometimes stooped | Thin skin, wrinkles | Gray or white |
 Grandparents, wise figures |

2. BODY TYPE CLASSIFICATION

Body Type	Description	Silhouette	Best For	Avoid Stereotyping
Slim	Narrow frame, less muscle/fat	Vertical, lean	Rogues, agile characters	"Weak" or "frail" assumptions
Athletic	Muscular, defined, fit	Broad shoulders, tapered	Warriors, heroes	All athletes must be male
Average	Proportional, moderate build	Balanced	Everyday characters	"Default" or "unremarkable"
Heavy/Plus-size	Wider frame, more body mass	Rounded, substantial	Strong characters, comedians	Lazy or jolly stereotypes
Petite	Short, small frame	Compact, small	Young characters, small-statured	Childlike assumptions
Tall	Above average height	Vertical, elongated	Nobility, authority	All leaders must be tall

3. ETHNICITY DESCRIPTION GUIDELINES (Respectful)

Descriptor	Respectful Approach	Avoid
Skin tone	Use specific, poetic descriptors: "warm brown," "deep umber," "olive," "fair," "rich mahogany"	Food comparisons ("coffee," "chocolate")
Eye shape	"Almond-shaped," "round," "hooded," "monolid"	Exoticizing language
Hair texture	"Coily," "curly," "wavy," "straight," "kinky," "loc'd" "Unruly" or "unprofessional"	
Facial features	Describe without comparison	"Exotic," "unusual"

4. RESPECTFUL CHARACTER PROMPT

`[Character name], [age range], [body type], [ethnicity description]. [Skin tone] skin, [eye shape] [eye color] eyes, [hair texture] [hair color] hair. [Distinguishing features without stereotypes]. Character design, [art style], full body, neutral expression, white background.`

5. REPRESENTATION CHECKLIST

- [] Character avoids stereotypes of their demographic
- [] Body type is described without value judgment
- [] Age-appropriate features (not infantilizing adults or aging children)
- [] Ethnicity described with respectful, specific language
- [] Disability (if present) is not the character's defining trait
- [] Gender presentation is authentic, not caricatured
- [] Character has agency and personality beyond demographics

6. COMMON REPRESENTATION MISTAKES

Mistake	Why It's Harmful	Correct Approach
Food comparisons for skin tone	Dehumanizing	Use poetic color descriptors
All villains have dark skin	Reinforces bias	Distribute traits across roles
Only one body type	Erasure of diversity	Include varied body types
Elderly = frail	Ageist stereotype	Show elders as capable
Disability as tragedy	Ableist trope	Disability as neutral trait
All heroes look the same	Lack of representation	Diverse hero cast

7. CHARACTER CAST DIVERSITY AUDIT

When designing a cast of characters, audit for:

- Age distribution (child through elder)
- Body type variety
- Ethnic representation
- Gender diversity
- Ability representation (visible and invisible)
- Role distribution (not all villains are one demographic)

INPUTS:

Character role:

[E.G., "Hero", "Mentor", "Sidekick", "Villain", "Comic relief"]

Age range:

[CHILD / TEEN / YOUNG ADULT / MIDDLE-AGED / ELDERLY]

Body type:

[SLIM / ATHLETIC / AVERAGE / HEAVY / PETITE / TALL]

Ethnicity (optional):

[E.G., "East Asian", "Black", "Indigenous", "South Asian", "Middle Eastern"]

RULES:

- Describe skin tone with specific, respectful color language (not food)
- Body type descriptions should be neutral, not judgmental
- Avoid assigning all villains to any single demographic
- Elderly characters can be active, capable, and diverse
- Disability is a trait, not a tragedy or superpower
- Heroes should reflect audience diversity
- Test character descriptions with sensitivity readers

How To Use It

- Describe skin tone with specific, respectful color language — “warm brown,” “deep umber,” “olive,” “fair,” “rich mahogany” — never food comparisons.
- Body type descriptions should be neutral, not judgmental — “heavy” not “overweight,” “slim” not “skinny.”
- Avoid assigning all villains to any single demographic — distribute traits across roles.

- Elderly characters can be active, capable, and diverse — not all elders are frail.
- Disability is a trait, not a tragedy or superpower — represent respectfully.
- Heroes should reflect audience diversity — representation matters.
- Test character descriptions with sensitivity readers when possible.

Example Input

Character role:

“Mentor — wise guide”

Age range:

“ELDERLY”

Body type:

“AVERAGE (active, not frail)”

Ethnicity:

“East Asian”

Why It Works

Most character design defaults to young, slim, able-bodied characters — missing the opportunity for authentic, diverse representation.

This framework improves outcomes by forcing:

- age range characteristics (child through elder with distinct features)
- body type classification (slim, athletic, average, heavy, petite, tall, neutral descriptions)
- respectful ethnicity guidelines (specific language, avoid stereotypes)
- representation checklist (avoiding harmful tropes)
- cast diversity audit (ensuring cast reflects real-world diversity)

Failure modes this prevents:

- Same body type for every character (lack of diversity)
- Stereotypical or offensive depictions (harmful representation)
- Age ranges that don't match character roles
- All heroes looking the same (lack of representation)

This improves on: Homogeneous character casts. Inclusive design reaches broader audiences.

Related to: CD-01 (Turnaround) for base design; CD-04 (Silhouette) for shape diversity.

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