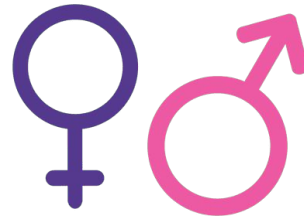


Media's Role on Body Image

Sam Blank
Josee Dobson

Gender

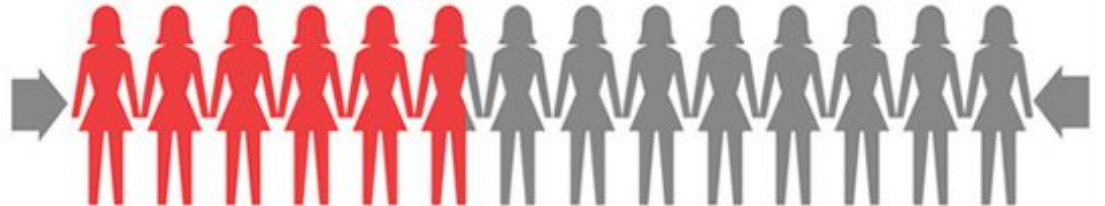
- Media provides strong messages regarding ideal body appearance for BOTH adolescent boys and girls
- Early adolescent girls are more likely to diet and are more likely to have negative feelings about their bodies
- Early adolescent boys are more likely to focus their concerns on muscularity and have more positive feelings about their bodies



Puberty & Age

- 50% of preadolescent girls report dissatisfaction with their bodies before they even hit puberty
- Girls as young as age six report preferences for a body thinner than their own.
- Kids that are going through body changes due to puberty are more likely to be dissatisfied with their body

42% of girls first through third grades want to be thinner.



So why do kids this young become dissatisfied with their body image? And why do they feel they have to change they way they look to be accepted?



Barbie

- Barbie is an unrealistic women whose proportions are far from the average women yet many young girls see this as a standard they must reach to be beautiful



Desperate Housewives



- Negatively portrayed body image

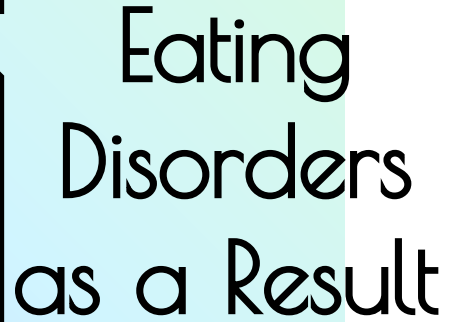
Photoshop

- Photos are altered to get rid of so called "imperfections"
 - Body sculpting where it doesn't exist
 - Removal of blemishes
- Creates a fake image of "perfection"



Negative Effects of Media on Body Image

- Eating disorders
- Unhealthy weight control behaviors
- Decreased fruit and vegetable intake
- Frequent & unhealthy dieting
- Lower physical activity levels or over-exercising
- Initiation of cigarette smoking
- Negative psychological outcomes such as being insecure, depressed mood, and low self-esteem



Eating Disorders as a Result

Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

- Eating disorders frequently appear during the teen years or young adulthood but may also develop during childhood
- These disorders affect both genders, although rates among women are higher than among men
- 90% of those who have eating disorders are between the ages of 12 and 25
 - (Teens spend an average of 55 hours/week in front of a screen)

Zendaya & Photoshop

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zendaya Had a new shoot come out today and was shocked when I found my 19 year old hips and torso quite manipulated. These are the things that make women self conscious, that create the unrealistic ideals of beauty that we have. Anyone who knows who I am knows I stand for honest and pure self love. So I took it upon myself to release the real pic (right side) and I love it 😍🥰 Thank you @modelistemagazine for pulling down the images and fixing this retouch issue.

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That's So
Raven



Positively influences body image

Suite Life
of Zack
and Cody



Positively influences body image

Conclusion

Recent Disney TV shows have an overall positive effect on children when it comes to body image

Toys such as Barbie have a negative effect giving children unrealistic body image expectations

Magazines and advertisements have an overall negative effect on children due to the amount of photoshop that is used to create a “perfect” body image.



Questions

1. Raise your hand if any type of media influenced your opinion of your own body image when you were younger. (explain/examples)
2. Raise your hand if you feel media affects your body image today. (Explain/examples)
3. Are there any movies/ Tv show examples you can think of from when you were younger that made you feel pressured to look a certain way OR that made you feel confident in your body image?

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