

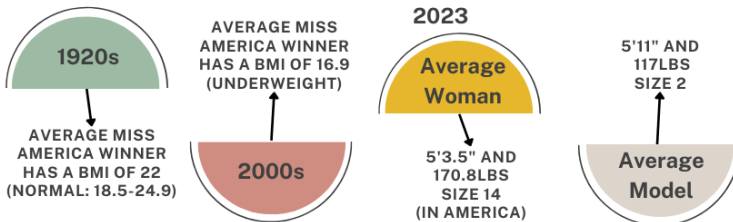
YOU CAN'T ALWAYS BELIEVE WHAT YOU SEE

## Media vs. Reality

When it comes to media, mental health, and body image, the kids are not all right.

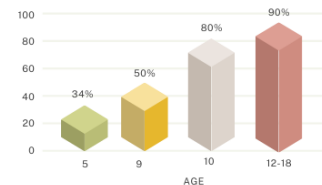
### TIME CHANGES EVERYTHING

How has media's portrayal of the "ideal woman" changed over time?



### BODY DISSATISFACTION AND BEHAVIOR

Percentage of girls who claim to be dieting by age



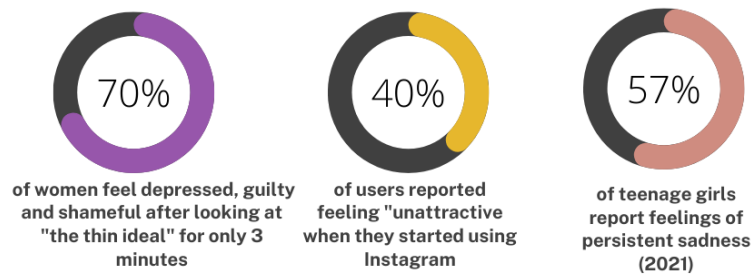
### DON'T WORRY, BABY

RESEARCH SHOWS THAT YOUNG GIRLS ARE MORE AFRAID OF BECOMING FAT THAN THEY ARE OF:

- NUCLEAR WAR
- CANCER
- LOSING THEIR PARENTS

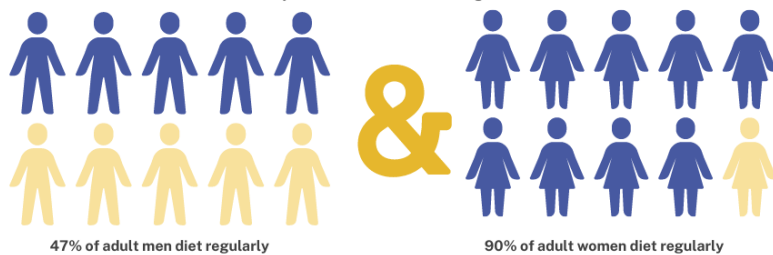
### COMPARISON IS THE THIEF OF JOY

...and the gateway to body image issues and disordered eating



### ADULT WOMEN AND MEN

...it's not just the kids that aren't all right



### SOCIAL MEDIA, BODY IMAGE AND MENTAL HEALTH

Research shows 62% of teens use Instagram, and 67% are on TikTok, what are they seeing there?

#### INSTAGRAM

\$70 billion in advertising revenue each year

2021 internal documents: "We make body images issues worse in 1 out of 3 girls."\*

Leaked internal documents also reveal that they are intentionally promoting eating disorders, self-harm and suicidal content to young users\*

#### TIKTOK

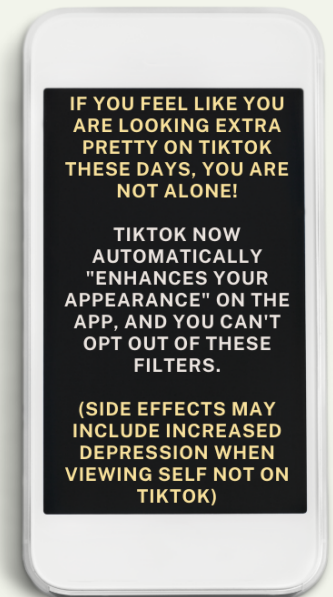
#WhatIEatInADay gets 3.2 billion views

#Weightloss gets 10 billion views

There are over 1000 weight loss hashtags under hashtags related to body image and weight loss

Accounts or videos claiming to promote recovery may include depictions of triggering pro-ED or self-harm behavior graphically but do not violate any guidelines

\*Source: Wall Street Journal



**Additional recommended reading for patients and families:**

\*Adapted from: American Psychiatric Association. (2023). Books for Patients and Families. In The American Psychiatric Association practice guideline for the treatment of patients with eating disorders (4<sup>th</sup> ed. pp. 58-59).

All links included in the digital file are for amazon, but these books may be purchased anywhere!

- [The Body Image Workbook by Thomas Cash](#)
- [Life Without Ed by Jenni Schaefer](#)
- [More Than a Body by Lindsay Kite & Lexie Kite](#)
- [Making Weight: Healing Men's Conflicts with Food, Weight, and Shape by MD Arnold Andersen](#) (this resource is one of the few focused on men and body image)



Things to watch for further learning about body image, and its intersection with women in leadership, media representation, and social media:

- TikTok (2022), Documentary (Streaming on Amazon Prime)
- Embrace (2016), Documentary
- Miss Representation (2011), Documentary
- TED Talk by Reshma Saujani: ["Teach girls bravery, not perfection"](#) (Youtube)
- The Social Dilemma (2020), Documentary (Netflix)
- [The Cost of Beauty: A Dove Film](#) (2023), on Youtube

[Morethanabody.org](http://Morethanabody.org) is the home of the non-profits Beauty Redefined and More Than a Body. They have resources on body image and how to cultivate body image resilience targeted at girls and women of all ages. They created the hashtag #notbuyingit on social media to call out harmful advertisements and companies that target body insecurities. For more information about what they do, you can watch co-founder and PhD Lindsay Kite's [TEDx Talk, "Body Positivity or Body Obsession? Learning to See More"](#) available on [YouTube](#).

**MORE THAN A BODY**



NEDA (National Eating Disorder Association) has many [learning resources specifically tied to body image, media, and eating disorders](#). You may find the resources and activities helpful for you, your loved one with an ED, or for other household members who also may be struggling with body image.