

body images and popular culture (Susan Bordo, 1993)

- *Unbearable weight: Feminism, Western Culture, and the Body* (1993)
- *The Male Body: A New Look at Men in Public and Private* (1999)



Is a **Barbie** Body Possible?

Our **photo-realistic** rendering shows just how **hugely** a life-sized Barbie would actually look, and uncovers the **impossible physical proportions** of the doll adored as perfection by so many.

Barbie vs. Average

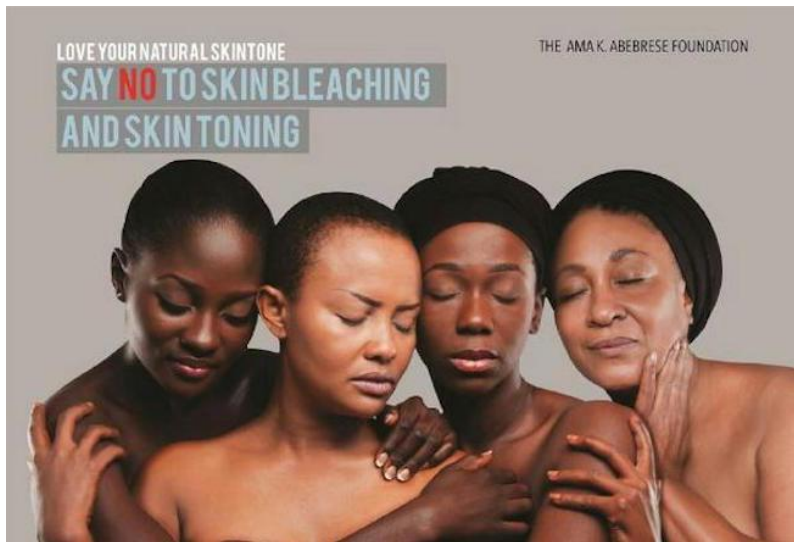
| | Barbie | US Average |
|----------|--------|------------|
| Head | 22" | 20" |
| Neck | 9" | 15" |
| Bust | 22" | 35" |
| Biceps | 7" | 13" |
| Forearms | 6" | 11" |
| Wrist | 3.5" | 6.5" |
| Waist | 16" | 35" |
| Hips | 29" | 40" |
| Thigh | 16" | 25" |
| Calf | 8" | 16" |
| Ankle | 6" | 9" |

Based on an average height of 5'7"
US average age: 19-20

Less Space for Women, More Space for Men



It's Not Only Space That Gets Changed—Ghana



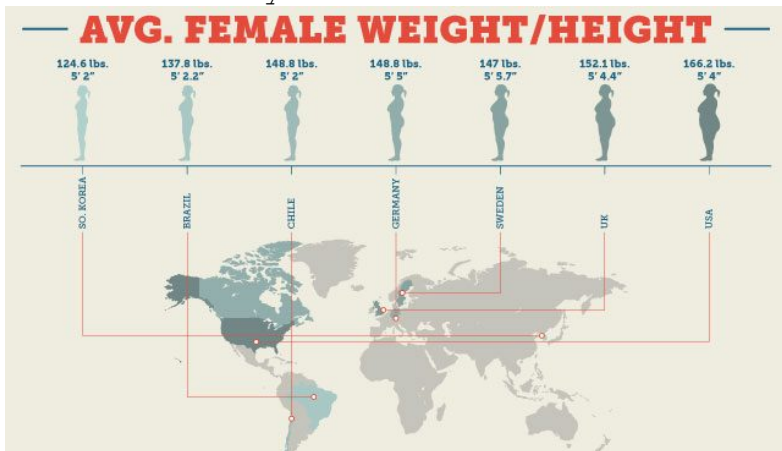
Photoshop Models Before and After

Photoshop Models Before and After

Are you satisfied with your body?

- a) yes
- b) no
- c) other

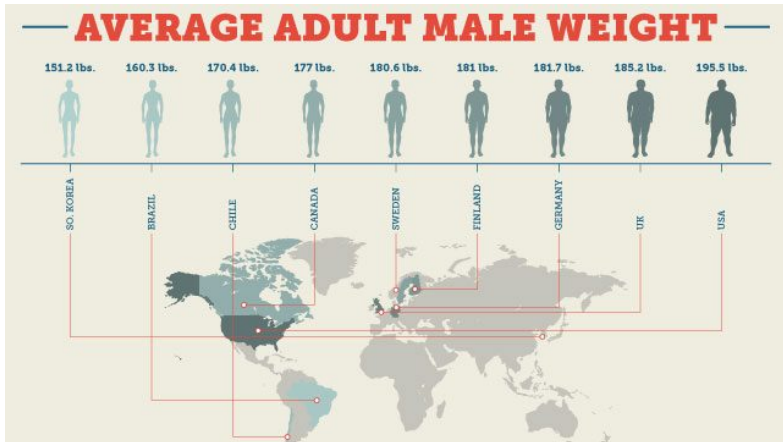
<http://www.cdc.gov/nchs/fastats/body-measurements.htm>



Have you ever suffered from an eating disorder or do you know someone that has?

- a) yes
- b) no
- c) other

<https://counseling.appstate.edu/pagesmith/155>





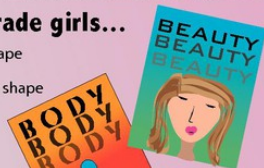
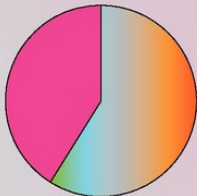
BODY IMAGE & THE MEDIA

SELF ESTEEM
PEAKS AT THE
AGE OF 9
THEN BEGINS TO

PLUMMET”

Between 5th to 12th grade girls...

-  Girls satisfied with their body shape
-  Girls dissatisfied with their body shape



“50% - 70%
OF GIRLS WITH
healthy weight
CONSIDER THEMSELVES
OVERWEIGHT”



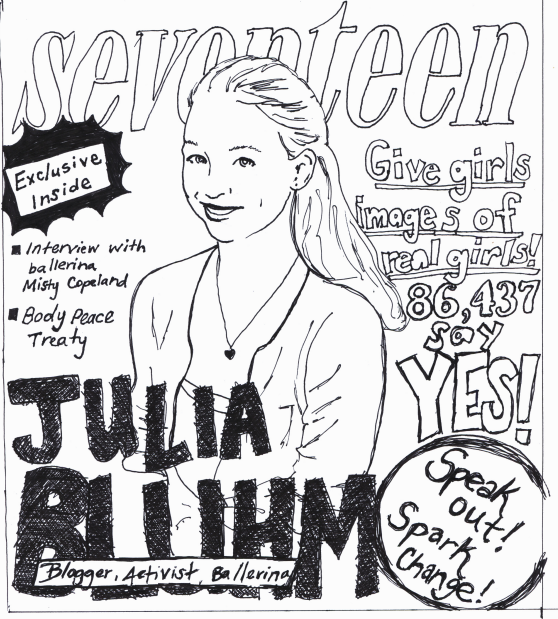
Are you seeing something wrong with these statistics? Girls today are exposed to an environment in which unrealistic and unhealthy beauty standards are constantly being imposed. With a skewed perception of what's a good body, self confidence and worth are fading concepts.

Realize the lines between what is real and spread the message - **love yourself.**



“AMONG 5th - 12th GRADERS, 47% wanted to lose weight due to magazine, pictures”





“Seventeen” Magazine Takes No-Photoshop Pledge





seventeen

FOLLOWING

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seventeen Say hello to another one of our special commencement issue cover stars, [@meghan_trainor](#)! Go to [seventeen.com/trainor](#) to get a sneak peek! On stands 4/19. 📷 [@TomSchirmacher](#)

view all 127 comments

[abbyboobeth](#) [@blusk_](#) THE SONF CAME OUT OVER TWO BLOODY YEARS AGO LET IT FO

[blusk_](#) [@abbyboobeth](#) oh, right, Body shaming definitely has an expiration date. Thanks for reminding me

[live_love_life_virginia](#) Why did you photoshop her she is so beautiful [_katellinggi_](#) ^

[harleen.sandhu_12](#) Yah it looks like it's photoshopped [@live_love_life_virginia](#)

[juliagoldsteiln](#) [@mariamagoo](#)

[aleshia.rose](#) SHE IS SO PHOTOSHOPPED



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WE ARE ALL WONDER WOMEN!



Handwritten signature
C. S. J.

#EffYourBeautyStandards

TRUE
CRIME

KAYAK MURDER MYSTERY
Did a Bride-to-Be Kill Her Fiance?

CANNES RED CARPET
All the Gorgeous Gowns!

June 1, 2015

People



KRIS JENNER

New Details
HER SIDE OF
THE STORY



Bachelorette
Exclusive
'I'M GOING TO
KISS EVERYONE!'

THE
WORLD'S
FIRST **SIZE 22**
SUPERMODEL!

From Bullied Teen
to Plus-Size Star

Tess Holliday on her traumatic
childhood and inspiring journey:
'You can be beautiful regardless
of your size'

2015
BODY
ISSUE
THE 100 MOST TALKED
ABOUT BODIES



[https://onlinedoctor.superdrug.com/
perceptions-of-perfection/](https://onlinedoctor.superdrug.com/perceptions-of-perfection/)



<https://onlinedoctor.superdrug.com/perceptions-of-perfection-part-ii-men/>



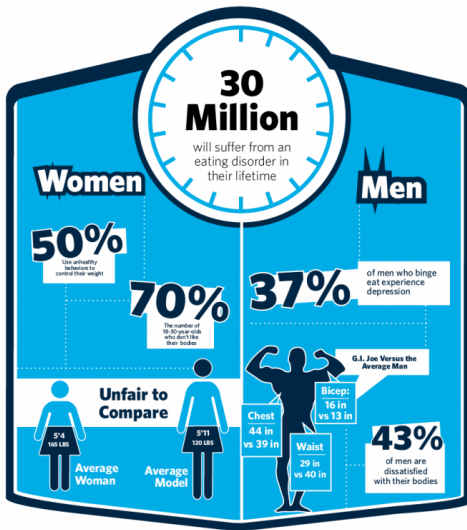
Media Literacy Intervention

Encouraging the media to present more diverse and real images of people with positive messages about health and self-esteem may not eliminate eating disorders entirely, but it will help reduce the pressures many people feel to make their bodies conform to one ideal, and in the process, reduce feelings of body dissatisfaction and ultimately decrease the potential for eating disorders.

National Eating Disorders website
<http://www.nationaleatingdisorders.org>

Love Your Body

National Eating Disorder Statistics



Facts From www.nationaleatingdisorders.org and www.abcnews.com



Media Literacy Intervention

- How does this make me feel? Why?
- Does this look like a real person?
- How are bodies represented and used?
- Where is the gaze?
- Any objectification?
- Who has the power? Is there a capacity for individualized choice and action (agency)? Do they look like they have thoughts, opinions and goals? About what?
- What would happen if you swapped gender, race, sexuality, age, class, disabilities, body types...? What does this reveal or imply about the representation, if anything?
- Is the representation harmful to me? To others? How so?

