body images and popular culture (Susan Bordo, 1993)

- Unbearable weight: Feminism, Western Culture, and the Body (1993)
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
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.”

“Among 5th - 12th graders, 47% wanted to lose weight due to magazine pictures.”

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.
“Seventeen” Magazine Takes No-Photoshop Pledge
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

__katelinggi__ ^

harleen.sandhu_12 Yah it looks like it's photoshopped @live_love_life_virginia

juliagoldstein @ mariamagoo

aleshia.rose SHE IS SO PHOTOSHOPPED
WE ARE ALL WONDER WOMEN!
#EffYourBeautyStandards

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'
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

30 Million
will suffer from an eating disorder in their lifetime

Women
50%
Live unhealthy behaviors to control their weight

70%
The number of 18-30 year olds who don't like their bodies

Men
37%
of men who binge eat experience depression

Unfair to Compare
Average Woman
5'6
160 LBS
Average Model
5'11
120 LBS

Bicep:
16 in vs 13 in
Chest:
44 in vs 39 in
Waist:
29 in vs 40 in

G.I. Joe Versus the Average Man

43%
of men are dissatisfied with their bodies

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?