

How You Can Help



Parents, educators, and mentors can support teens in developing a healthy body image:

1. **Educate yourself:** Understand the impact of social media on body image and self-esteem.
2. **Foster open communication:** Create a non-judgmental space for teens to discuss their feelings.
3. **Model positive behavior:** Avoid negative self-talk about your own or others' bodies.
4. **Promote media literacy:** Teach teens to critically analyze online content and to recognize manipulation.
5. **Encourage diverse representations:** Expose teens to a wide range of body types and appearances.
6. **Support healthy habits:** Focus on overall well-being rather than weight or appearance.
7. **Set boundaries:** Help teens establish healthy limits to social media use.
8. **Provide professional help:** Connect teens with counseling services when needed.
9. **Celebrate non-physical attributes:** Praise teens for their skills, kindness, and other positive qualities.
10. **Create a supportive environment:** Foster a home and school culture that values diversity and self-acceptance.

Teens who reduced their social media use by **50%** for just a few weeks significantly improved how they felt about their bodies.

Beauty is not an algorithm.

BE THE SUPPORT THAT NO APP CAN PROVIDE.

THE INTERNET AND BODY IMAGE:

Help Them See Beyond the Screen



What Is the Connection Between Online Activity and Body Image Issues?

Online content, particularly on social media platforms, has significantly impacted how teens perceive their own bodies.



- Constant exposure to carefully curated, often-edited images of "ideal" bodies can lead to unrealistic standards and negative self-comparison. Influencers, celebrities, and even peers can create a distorted view of what's normal.
- The algorithms of social media platforms often amplify this effect by showing content that aligns with these unrealistic ideals.
- Filters and editing apps make it easier for anyone to alter their appearance online, further blurring the lines between reality and digital enhancement.

This environment can foster feelings of inadequacy and low self-esteem, which can lead to dangerous behaviors.

What Are the Symptoms?

- Repetitive or extreme dieting behavior
- Compulsive or excessive exercise patterns
- Valuing appearance as essential to self-worth
- Checking behaviors – checking appearance in reflection, taking various measurements, pinching skin
- Consistent negative talk about themselves or others
- Spending an excessive amount of time on appearance
- Thinking or talking a lot about thinness, muscles, or physique
- Aspirational social comparison – comparing themselves, usually negatively, to others they want to be like

