

# Teenage Girls: Building Positive Body Image

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**S O U T H E A S T**  
**P S Y C H**  
PSYCHOLOGY FOR ALL

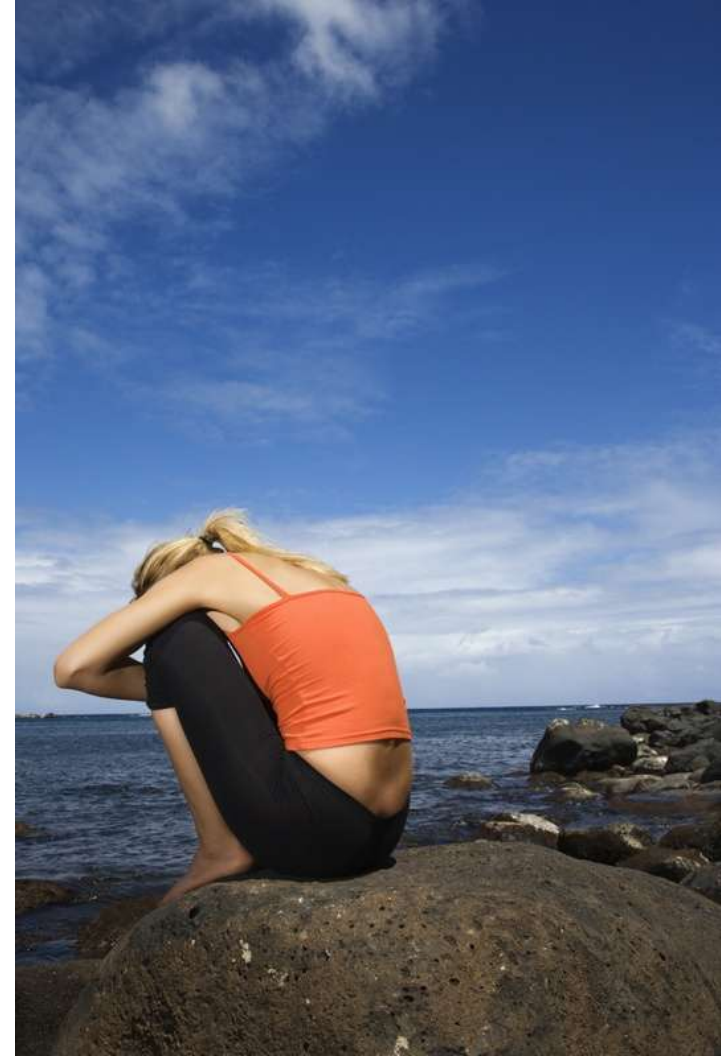
# What is Body Image?



- Perception of body how the body looks.
- Influenced by:
  - How you see or picture yourself.
  - How you feel others perceive you.
  - How you feel in your body.
- Can be accurate or inaccurate.
- In American culture, body dissatisfaction is viewed as a normative experience for women.
- Body dissatisfaction has been associated with dieting behaviors, depression, and symptomatic eating patterns.

# Prevalence of Body Dissatisfaction

- About half of female teens think they're too fat.
- Almost 50% are dieting.
- By college, 15% have Eating Disorders.
- After looking at a magazine for 15 minutes, women report that their body image significantly decreases.
- By the time a teen is 17 years old, she has received over 250,000 commercial messages through the media.



# Promoting Healthy Body Image

*Savage Chickens*

by Doug Savage



[www.savagechickens.com](http://www.savagechickens.com)

- Talk back to the TV!
- Emphasize inner qualities.
- Message to Dads
- Avoid commenting on weight or appearance.
- Focus on Health.
- Model healthy eating and views.

# How to be a Good Model

- Instead of dieting, eat when you are hungry.
- Instead of talking about your physical insecurities, work toward self-acceptance.
- Instead of commenting on the appearance of others, discuss their inner qualities.
- Instead of exercising to lose weight, discuss exercise in terms of its health benefits; exercise to have fun.



# Warning signs of a Bigger Problem



- ***1. Sudden weight loss***
- ***2. Grades at school dropping***
- ***3. Becoming highly irritable***
- ***4. Clear anxiety when eating around others or frequently requesting to eat in his/her room***
- ***5. Avoiding certain restaurants or places where s/he cannot see the food being prepared.***



## More Warning Signs

- 6. *Playing with food on his/her plate, but not really eating it*
- 7. *Eating unreasonable amounts of food (either too small or too big) or eating food very slowly or at a rapid rate*
- 8. *Consistently asking to be excused immediately following meals to go to the bathroom or take a shower*
- 9. *A driven quality to exercise—drops other interests in pursuit of going to the gym*
- 10. *Large amounts of food are disappearing*

# What To Do if You See Warning Signs



- Approach them lovingly with evidence.
- Remain supportive and constant.
- Seek Help!!
  - [www.edreferral.com](http://www.edreferral.com), [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
    - Psychological
    - Medical
    - Nutritional

# Resources

Teens Health

<http://teenshealth.org>

National Eating Disorders Association

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Dove Campaign for Real Beauty

[www.dove.us](http://www.dove.us)

LCH Center for Disordered Eating

(704) 381-HOPE

Presentation and Handouts Available at:  
[www.southeastpsych.com](http://www.southeastpsych.com)

Contact us by phone:  
(704) 552-0116

Or email:  
[Lking@southeastpsych.com](mailto:Lking@southeastpsych.com)  
[jbloomfield@southeastpsych.com](mailto:jbloomfield@southeastpsych.com)

# Questions???

