



(Clark 67)

Social media messages aren't typically backed by science.

And self-taught fitness gurus are not health professionals.

Unfortunately, seemingly innocent messages can do unintended

damage including bad mood and body dissatisfaction.

SLIDE 7

On this slide, I take the opportunity to highlight (what I think is) a particularly relevant quote and picture from one of my sources.

SLIDE 8

On this slide, I attempt to add “balance” to my findings by sharing that there are other factors that contribute to one’s body image

BUT NOTE...

Body image is learned and is not just a product or outcome of exposure to media! (Common Sense)



SLIDE 9: SIGNIFICANCE

Here, I share a quote that I believe “sums up” my research and makes an appeal...



SIGNIFICANCE

(SO WHERE DOES THIS LEAVE US?)

“If communications suggested that ***thinness is not a universally-shared ideal***...then young women might feel less social pressure to adopt ultra-thin ideals” (Perloff).

In other words, social media also has the promise of reversing this trend!

A faded background image of a greyhound and a Saint Bernard standing side-by-side. The greyhound is on the left, facing left, and the Saint Bernard is on the right, facing forward.

TAKE-AWAY

**“The Saint Bernard does not look like a greyhound—
nor does it yearn to be one.**

**The Labrador does not envy the poodle,
nor does the beagle want to be a Chihuahua.
Each dog is proud of its size and genetics” (Clark 68).**

LET’S CELEBRATE WHO WE ARE, RATHER THAN WHO WE ARE NOT!

SLIDE 10: TAKE-AWAY

My goal here is to make a statement or send a message--ultimately, underscoring the significance of my findings.

SLIDE 11

It's always nice (but not required) to thank your audience!

THANK YOU



Works Cited

Children, Teens, Media, and Body Image. Common Sense Media, 21 Jan. 2015, www.commonsensemedia.org/research/children-teens-media-and-body-image.

Clark, Nancy. *Social Media and Body Image: #Fitspiration at Its Worst*. American Fitness, 2017, magazine.nasm.org/american-fitness-magazine/issues/american-fitness-magazine-spring-2017/nutrition-the-science-of-nourishment.

De Vries, Dian, et al. "Adolescents' Social Network Site Use, Peer Appearance-Related Feedback, and Body Dissatisfaction: Testing a Mediation Model." *Journal of Youth & Adolescence*, vol. 45, no. 1, Jan. 2016, pp. 211–224. *Academic Search Complete*, EBSCOhost, doi:10.1007/s10964-015-0266-4.

Perloff, Richard. "Social Media Effects on Young Women's Body Image Concerns: Theoretical Perspectives and an Agenda for Research." *Sex Roles*, vol. 71, no. 11-12, Dec. 2014, pp. 363–377. *Academic Search Complete*, EBSCOhost, doi:10.1007/s11199-014-0384-6. Accessed 7 Nov. 2018.

SLIDE 12: WORKS CITED

Be sure to credit your sources. You can simply copy and paste your bibliography. You do not need to read this slide to your audience—it is for documentation only.