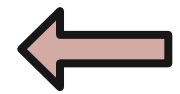


# Body Positivity on Social Media

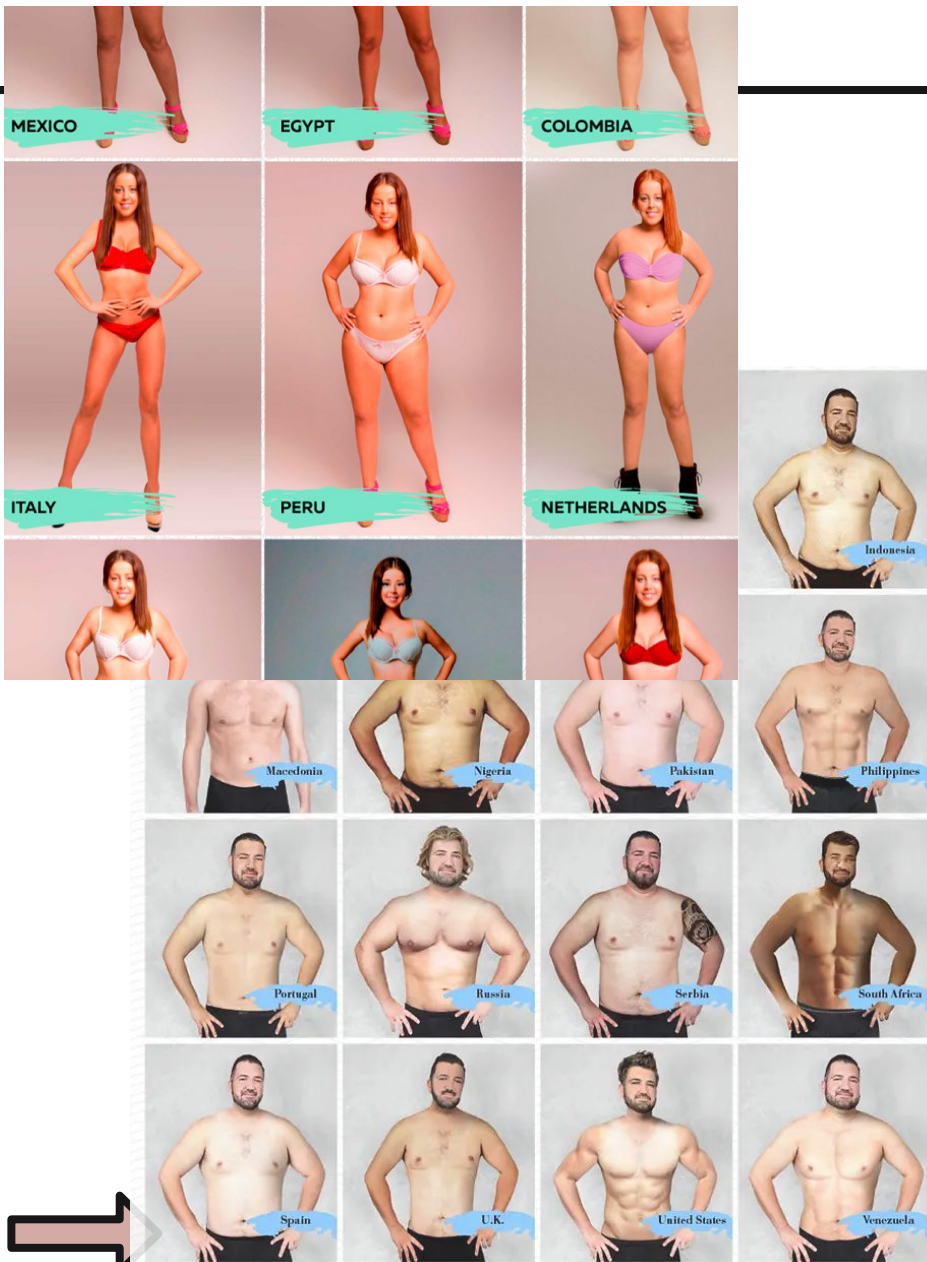


# Beauty Standards

- Eurocentric standards
  - Lighter skin, slender features etc.
  - For men: muscle, style, hair

- Lends to expectations

- New York's Fashion Week - participating models were 82.7% white, 9% Asian, 6% Black, 2% Latinx





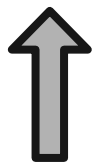
# The Pros



- Provides a supportive environment
- Representation of different body types
- Inclusion for every body type



From BuzzFeed

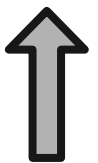
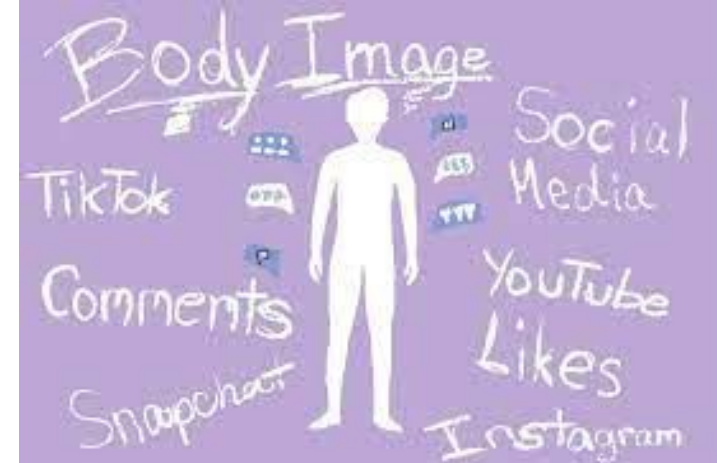




# The Cons



- Users are typically exposed to thin, fit, and "idealized" body types and will often compare themselves to peers and celebrities.
  - COMPARISON !!!
- Feel pressured to work out/ exercise rigorously

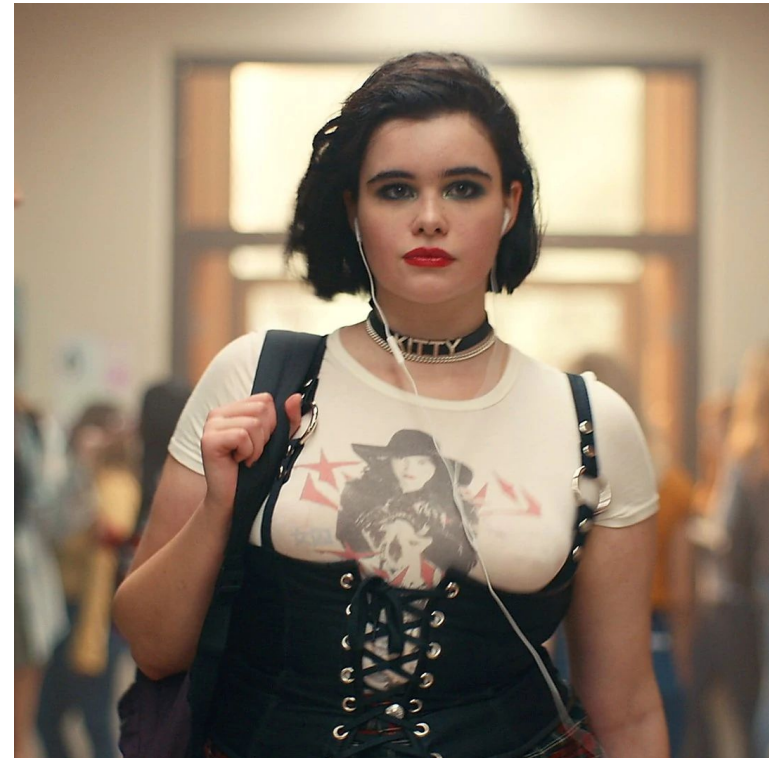




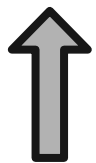
# Body Positivity in Entertainment



- Toy Industry
  - Barbie
- Modeling
  - Dove
- TV/Movie
  - Kat from Euphoria



From HBO





# Body Positivity Social Media Outlets



Instagram

- @hi.ur.beautiful



Tiktok

- @dietitian.deanna



**dietitian.deanna**

dietitiandeanna

[Follow](#)

248 Following 17.9K Followers 273.5K Likes

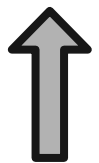
non-diet DIETITIAN 🍕

Intuitive eating.

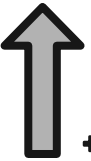
Disordered eating recovery

Work w me ↓

From Tiktok

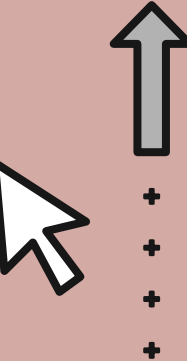
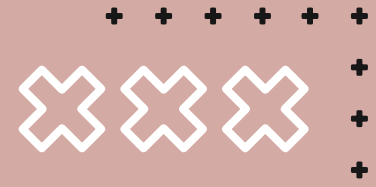


# Discussion Time!



**Question 1**

What has your experience been for body perception on social media? Have you experienced any of the pros and/or cons talked about?





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## Question 2



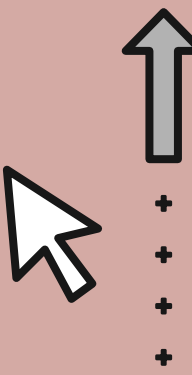
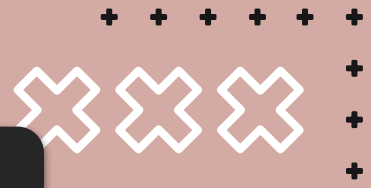
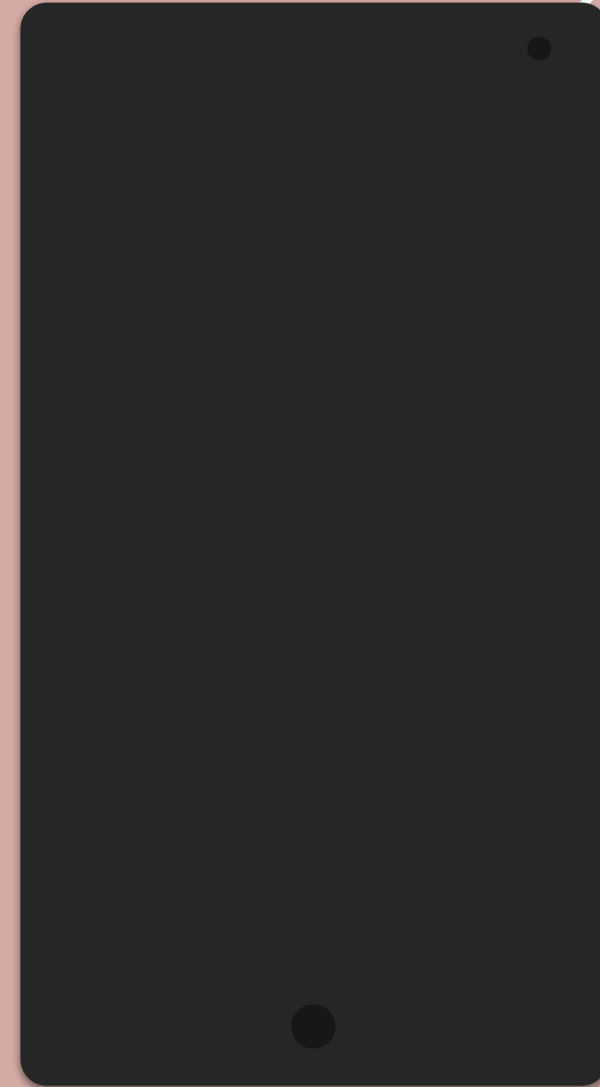
How do you think current representation for body positivity, influencers and celebrities, convey it? How can social media improve this portrayal?

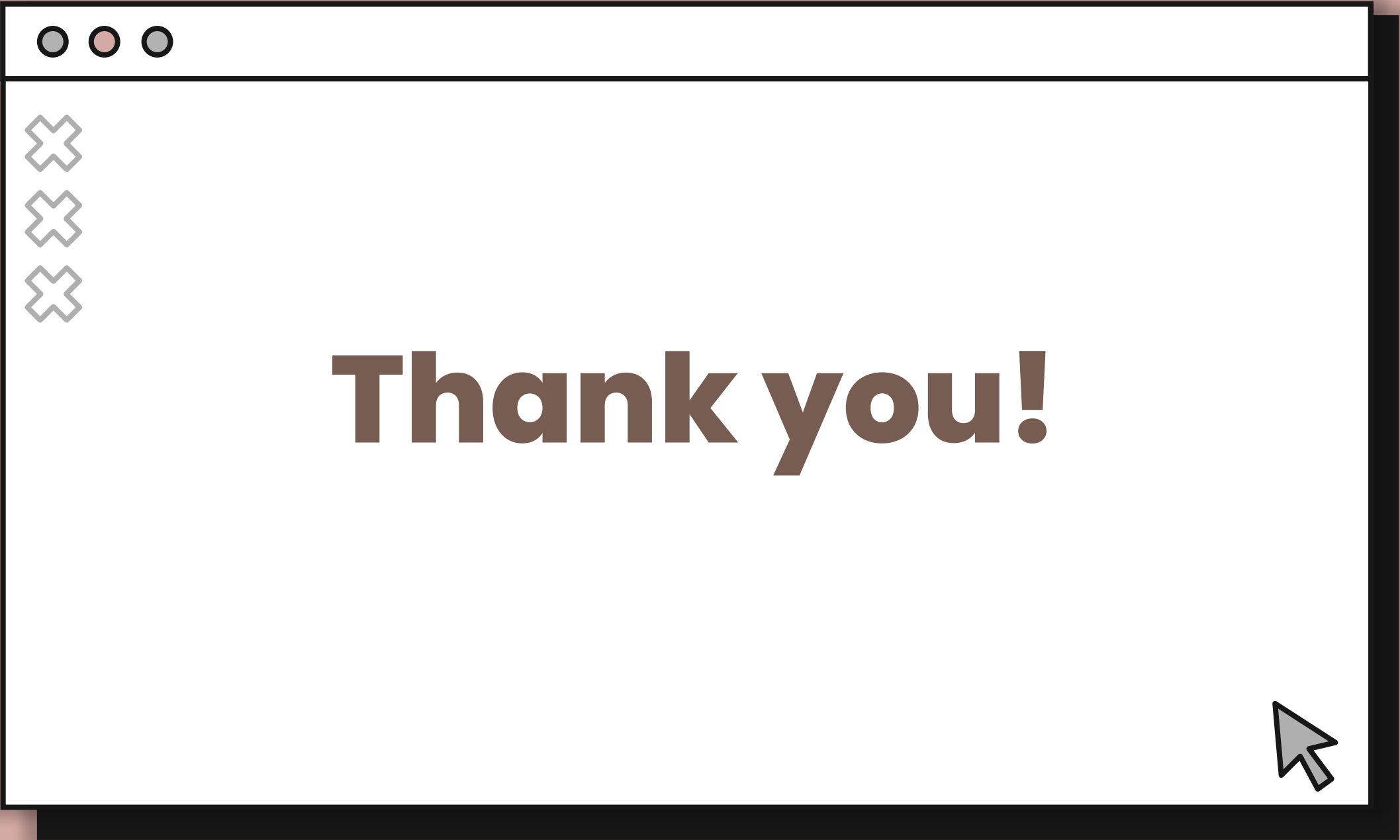


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Question 3

Do you think spreading body positivity on media does more harm than good? Would it be more beneficial if it was completely gotten rid of?





**Thank you!**

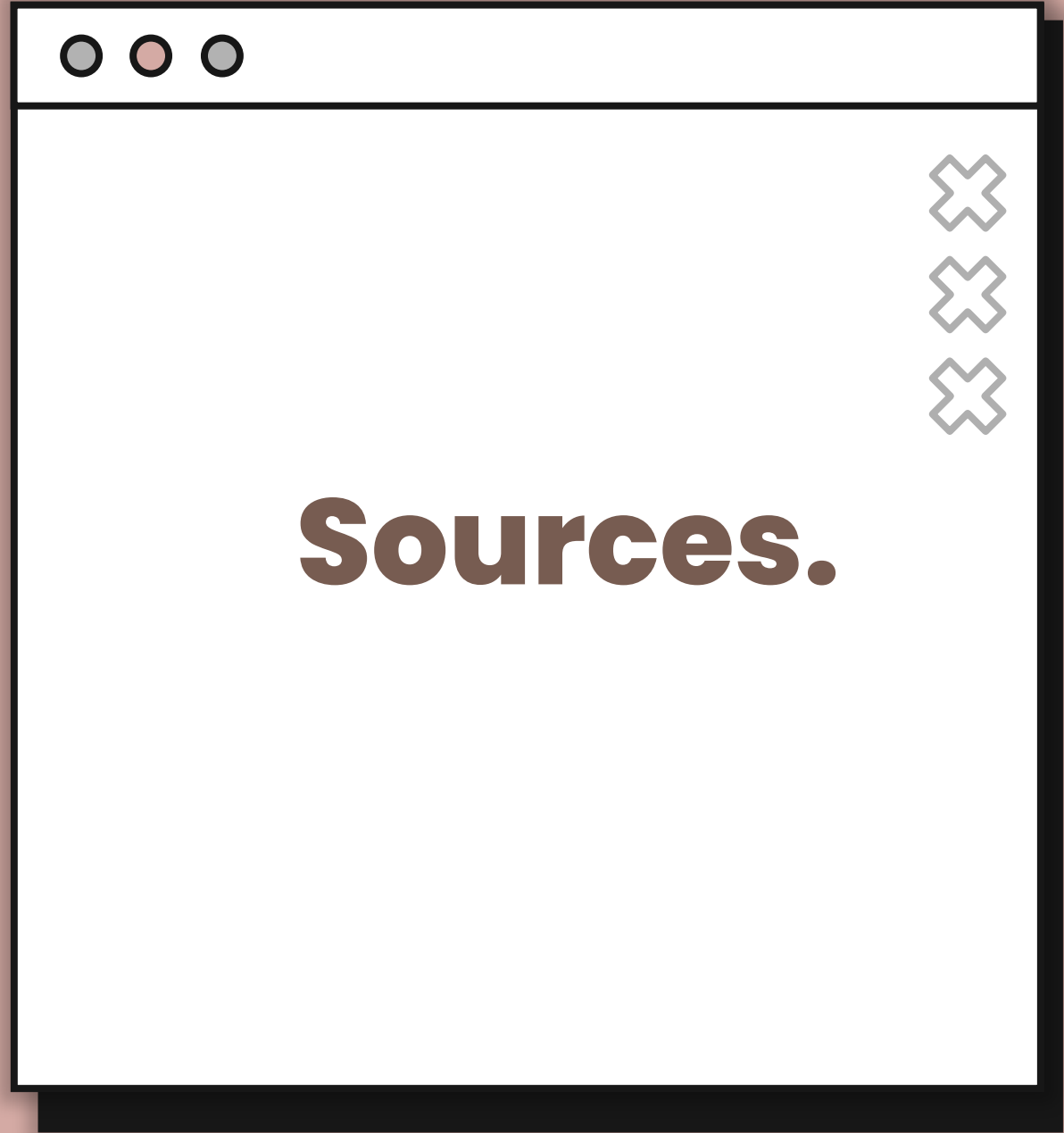


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- <https://everydayfeminism.com/2016/01/when-beauty-equals-white/>
- <https://www.voicesofyouth.org/blog/why-body-positivity-social-media-more-important-you-think>
  - <https://time.com/barbie-new-body-cover-story/>
  - <https://www.dove.com/us/en/stories/campaigns.html>
- <https://ew.com/tv/2019/07/16/euphorias-kat-not-your-fat-best-friend/>
  - <https://www.instagram.com/hi.ur.beautiful/>
- [https://www.tiktok.com/@dietitian.deanna?source=h5\\_m](https://www.tiktok.com/@dietitian.deanna?source=h5_m)
- <https://www.bbc.com/future/article/20190311-how-social-media-affects-body-image>



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