



BODY TALK

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The Impact of the Media on Body Image for Tween Girls

Does your tween seem to place too much importance on media and their appearance?

According to the American Academy of Pediatrics (2015), media can influence young women as early as age five. Recent studies show that 60 percent of children will be using social media by age 10 (AAP, 2015). The media, especially social media, provides exposure to photo shopped and unrealistic images of appearances that are may be unattainable for your tween. This can increase the likelihood of developing a negative body image and even the possibility of developing eating disorders. The obsession with the “perfect body” an occur due to new trends on instagram models, being “insta-famous,” trending on tumblr, etc. This can negatively affect a young girl’s body image as early as five, but especially in the tween years when the importance of personal image is significantly impacted by the opinions of the tween’s peers.



What can parents do?

I am not saying social media is evil.

I am saying it is important to be aware of these concerns as a parent of a young girl, tween, adolescent women, etc. **Awareness** of the impact, the unrealistic version of a woman's body on social media, screening the amount of social media usage, and promoting

your child's health rather than appearance can have a significant impact on helping your child **achieve a positive body image.**



Dr. Hogan stated, "Parents should not talk about appearance but should emphasize the importance of **healthy eating and daily exercise** in order to be strong and fit" (AAP, 2015). Be aware of trending phrases, such as thigh gap," "thinspiration," "pro-ana or pro-mia." These terms trend on social media encouraging negative body image in adolescents (AAP, 2015).

If you suspect your tween is overly concerned with body image, or any topic related to the tumultuous tween time, contact us at Roots to Wings, LLC, in regards to our **TWEEN TALK** summer series group session coming this July! Check out our flyer for more information below.

ROOTS TO WINGS.
MT. AIRY

Tween Talk Summer Series

July 8-11 930-1130am

Welcoming girls age 9-12. Girls will explore the challenges and triumphs of the tween years with an emphasis on development of self-acceptance, self-awareness, and self-love. Space is limited.

More info found at rootstowingstherapy.com
410-346-0097

Cost: \$200 + cost of intake assessment (completed online)

The flyer has a light blue background with several stylized hearts in shades of pink and red. The text is in a typewriter-style font.

References

- American Academy of Pediatrics. (2015). Social media can pressure teens to seek perfect body. AAP Gateway. Mary McGrath. Retrieved May 30, 2015 from www.aappublications.org/content/36/1/23.5
- American Academy of Family Physicians. (2019, April 23). Positive Body Image. Retrieved June 3, 2019, from <https://familydoctor.org/building-your-childs-body-image-and-self-esteem/>