

1. April 22th: The topic I have decided to work with for my final project is “The idealization of women’s bodies in social media”. The academic subject this project will relate to is how the idealization of women in social media and causes females of all ages to have poor body image, develop unhealthy eating patterns/ fitness routines, and even eating disorders. This global issue does not only concern social media. It also concerns film, broadcast tv, magazines, commercials, and streaming shows. American Eagle movement with normalizing normal bodies. The #normalizenormalbodies hashtag on Instagram. The #aerie real movement. #positivityalldayeveryday are all examples.
2. April 29th:The influencers and movements on social media should be normalizing normal womens’ bodies and not idealizing them. For years the norm for a womens body has been tall, skinny, and fit. This is not normal. A women should be comfortable in the body that she was born with not what society says it should look like. Yes it is important to eat nutritional meals and not live a sedentary life style, but women all around me are over-exercising and undereating. This causes women to develop unhealthy habits that can negatively impact their mental and physical health. Eating disorders develop this way. Yes genetics are risk factors for the onset of binge-eating disorder, anorexia, orthorexia, and bulimia but social media contributes to women to have poor body image as well. As this issue is becoming more and more evident around the world among women of all ages, movements have been developed on Instagram such as hash tags; #normalizenormalbodies, #positivityalldayeveryday, and #aerierealmovement. Influencers who talk about healthy exercise habits, eating and nutrition, mental health and post pictures that are not idealized. Iskra is an American Eagle model for example, who posts pictures that are natural, raw, and unedited with these hashtags. These movements and influencers are important because they give women the opportunity to realize their bodies are fine just the way they are and as long as its moving ang happy that’s all that matters.

3. May 6th:

Bibliography (APA)

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“Aerie rapidly gaining market share off social media and ‘more authentic’ women”. This article is very relevant to my project because Aerie is where I got this idea from. I am a big supporter of the #aerierealmovement and their model Iskra Lawrence. Aerie promoted the term “body positive” and is a forerunner in promoting the visibility of women with a range of shapes and sizes.

4. “The relationship between media consumption and eating disorders. *“This study is very supportive of the argument I am making for this project. The influencers and movements on social media should be normalizing normal women’s’ bodies and not idealizing them. Idealizing women’s bodies leads to negative effects on the body and potentially can lead to the development of eating disorders.*

“This girl can# jointhemovement: Effectiveness of physical functionality-focused campaigns for women’s body satisfaction and exercise intent.” This article is about research that has been done on the hashtag campaigns which are a trend now and the effect these campaigns have on body satisfaction and exercise.

This news article called; “The complicated truth about social media and body image is about how people judge themselves based on their comparison with others”. That being said, research has been done on this topic. This article discusses the different research that has been done on the correlation between poor body image and social media platforms.

“How Social Media Is a Toxic Mirror” is about how movies, magazines and television damage teens’ body image by enforcing a “thin ideal”. Also, the image of social media on body confidence is discussed.