

BODY DYSMORPHIA AND SOCIAL MEDIA





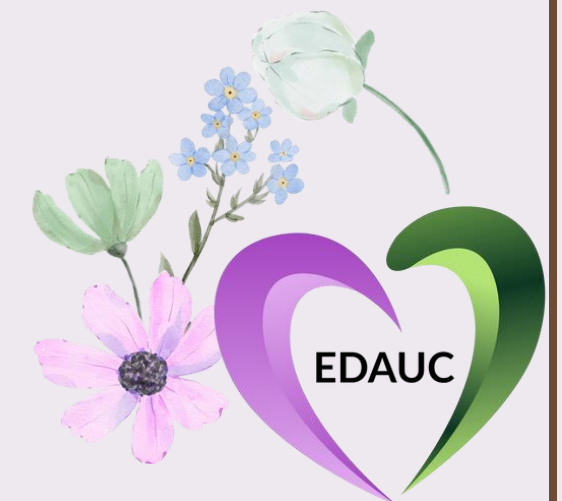
Introduction

- How do images and online culture shape body ideas and risk for eating disorders?
- Seeing lots of edited, idealized images changes how teens think about their bodies



What is Body Dysmorphia?

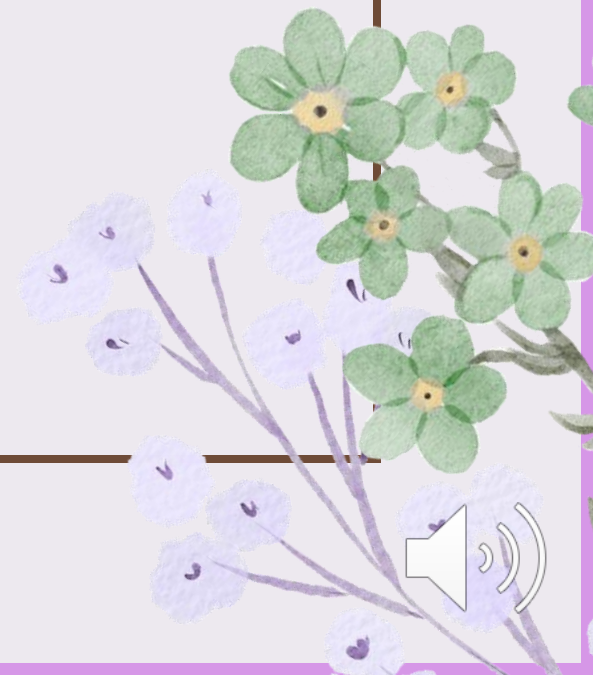
- Excessive worry about perceived flaws in appearance
- Fixation, checking, hiding, comparing
- Can co-occur with eating disorders and anxiety





Gendered Body Ideals

- Girls: thin ideal → body dissatisfaction, dieting
- Boys: muscular ideal → excessive exercise, steroid/muscle-dysmorphia risk
- Body pressure shows up differently but both raise ED risk





Social Media Usage

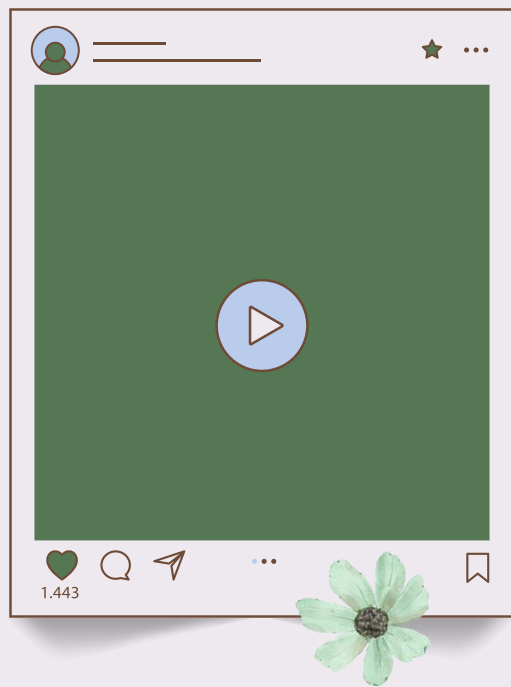


- High teen use: many use SM daily, some multiple times/hour
- Platforms often mentioned: Instagram, TikTok, Snapchat, Facebook, Tumblr
- Photo-focused behaviours (posting, editing, comparing) matter more than time alone



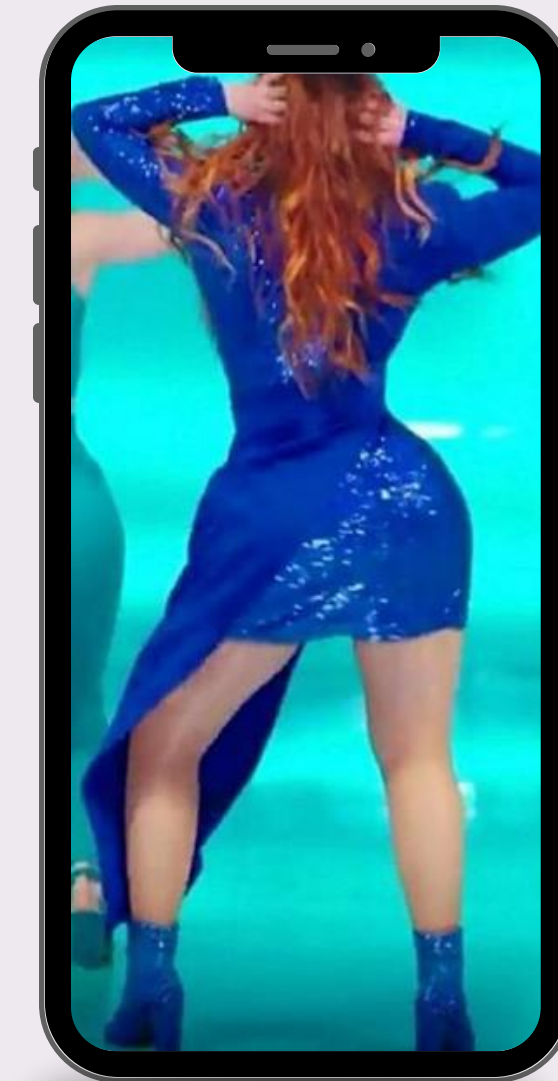
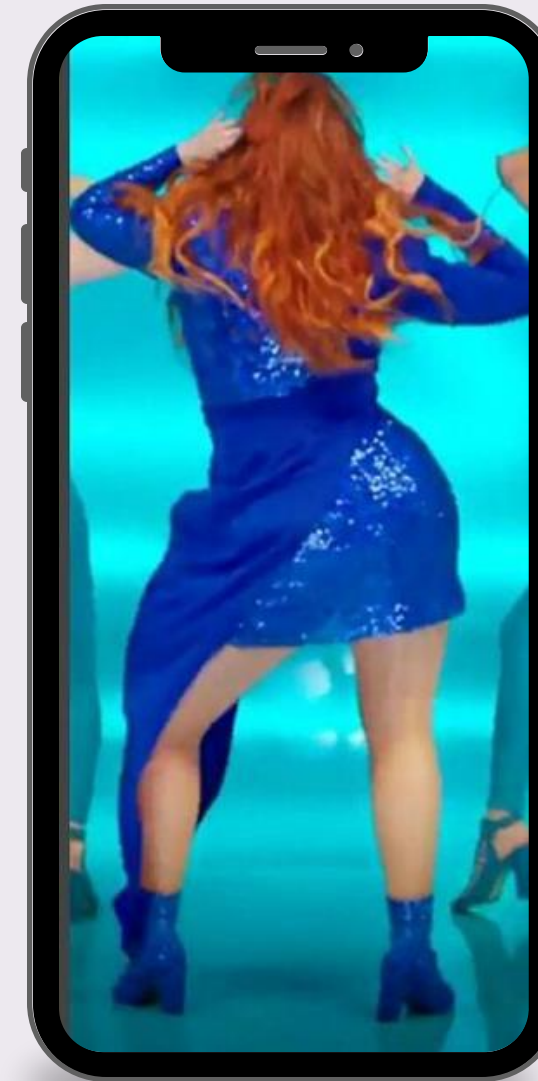
How Social Media Raises Risk

- Frequent exposure → internalization of body ideals
- Photo investment & manipulation → stronger body dissatisfaction
- Comparing to peers/celebrities → increased negative self-image
- Weight-bullying / appearance pressure amplified online



Behaviours and Outcomes

- Skipping meals, heavy exercise, unhealthy weight control common in teens using SM
- Longer SM time → higher chance of body-image issues (dose-response)
- Ads & weight-loss marketing: lots of deceptive claims → shame + false solutions



Who is Affected?

- Girls generally show higher rates, but boys also affected (muscular pressure)
- Sexual orientation: gay/bisexual men show stronger thin-ideal pressure
- Trans & non-binary: SM can be both risky and supportive — community & affirmation can improve body image





Media Self-Care Tips



- Use media mindfully — choose accounts that build confidence
- Limit screen time & note quality (avoid endless scrolling)
- Think critically: Is this image real? Who benefits from this message?
- Talk back: call out harmful ads/accounts; support inclusive messages
- Be an advocate: share real, diverse body messages; praise inclusive creators



Do's and Don'ts for Teens

- DO follow supportive, body-positive creators
- DO unfollow accounts that trigger comparison
- DON'T trust everything you see — photos often edited
- DO reach out if social media makes you feel worse (friends, family, counsellors)





Conclusion

- Social media shapes body ideas — can increase ED risk but also offer support
- Small changes (curating feed, limits, critical thinking) reduce harm
- Recovery and protection = community, awareness, and self-care





Thank You 

