



# what on earth do i do about **social media?**

from the **research**



A review of available research on social media demonstrates that use of social networking sites is **associated with increased body image concerns** and **disordered eating**



Strong and consistent associations have been found between use of **social media platforms** (including Facebook, Twitter, Instagram, Snapchat, Pinterest, Tumblr, Vine, Reddit, and Youtube) and **eating concerns in young adults**



An experimental study found that participants who took and uploaded **selfies onto social media** had **increased levels of anxiety, lower confidence,** and **lower sense of physical attractiveness** than controls.



One study found that participants' **Facebook use** was associated with **greater social comparison** and **greater self-objectification**; social comparison and self-objectification were each related to **lower self-esteem, poorer mental health,** and **greater body shame**

1. Holland, G., & Tiggemann, M. (2016). A systematic review of the impact of the use of social networking sites on body image and disordered eating outcomes. *Body image*, 17, 100-110. • 2. Sidani, J. E., Shensa, A., Hoffman, B., Hanmer, J., & Primack, B. A. (2016). The association between social media use and eating concerns among US young adults. *Journal of the Academy of Nutrition and Dietetics*, 116(9), 1465-1472. • 3. Mills, J. S., Musto, S., Williams, L., & Tiggemann, M. (2018). "Selfie" harm: Effects on mood and body image in young women. *Body image*, 27, 86-92. • 4. Hanna, E., Ward, L. M., Seabrook, R. C., Jerald, M., Reed, L., Giacardi, S., & Lippman, J. R. (2017). Contributions of social comparison and self-objectification in mediating associations between facebook use and emergent adults' psychological well-being. *Cyberpsychology, Behavior, and Social Networking*, 20(3), 172-179.

## so·cial me·di·a

/ˌsōSHəl 'mēdēə/  
noun

forms of media that emphasize creating, sharing, and interacting with content and communicating with other users

to help your child

## fully bloom

try these body-positive parenting practices

- Start conversations about how your children feel when they see posts from certain accounts, and encourage them to unfollow accounts that negatively impact their self esteem
- Create limits for how often and/or where your children are allowed to use social media - aim for balance rather than banning it altogether
- Encourage children to practice self-compassion instead of comparison
- Point out examples of realistic and unrealistic media when you see them - help children to think critically about edited and photoshopped images
- Add diverse accounts to your child's social media feeds (including a range of body shapes and sizes)

resources

- ▶ Dr. Charlotte Markey's Body-Positivity Youtube Channel (episodes 7 & 8 focus on social media)
- 🌐 NEDA Social Media Resources
- 🌐 Social Media and Self-Doubt (Child Mind Institute)



To learn more about this and other body-positivity parenting topics, subscribe to **The Full Bloom Project Podcast.**



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