Adolescent Girls & Social Media

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Chinese Girls & Social Media
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800 million
Adolescent Girls & Social Media—the physiological effect

Table 2. Mean (SD) Scores on Body Image Concerns for Facebook Users and Nonusers.

<table>
<thead>
<tr>
<th></th>
<th>Facebook Users (n = 80)</th>
<th>Facebook Nonusers (n = 109)</th>
<th>t value</th>
<th>Cohen's d</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internalization of thin ideal</td>
<td>3.57 (3.69)</td>
<td>2.15 (2.69)</td>
<td>3.04*</td>
<td>.45</td>
</tr>
<tr>
<td>Body surveillance</td>
<td>15.88 (6.12)</td>
<td>12.29 (6.30)</td>
<td>3.74**</td>
<td>.58</td>
</tr>
<tr>
<td>Body esteem</td>
<td>23.59 (9.37)</td>
<td>27.79 (8.82)</td>
<td>3.11*</td>
<td>.47</td>
</tr>
<tr>
<td>Dieting behavior</td>
<td>5.13 (1.59)</td>
<td>4.39 (1.23)</td>
<td>3.51**</td>
<td>.53</td>
</tr>
</tbody>
</table>

*p < .01. **p < .001.

Adolescent Girls & Social Media—the physiological effect


Table 2. Prevalence of time spent using social networking sites (SNS) by unhealthy eating behaviours and body weight status†
(Percentages; n 9868)

<table>
<thead>
<tr>
<th>Total</th>
<th>Do not use (%)</th>
<th>Use, but not daily (%)</th>
<th>&lt;1 h/d (%)</th>
<th>1 h/d (%)</th>
<th>2 h/d (%)</th>
<th>3–4 h/d (%)</th>
<th>≥5 h/d (%)</th>
<th>Total sample (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>7.8</td>
<td>10.7</td>
<td>14.8</td>
<td>19.8</td>
<td>19.5</td>
<td>16.8</td>
<td>10.6</td>
<td></td>
</tr>
<tr>
<td>Skipping breakfast**‡</td>
<td>No</td>
<td>10.2</td>
<td>11.8</td>
<td>17.6</td>
<td>20.6</td>
<td>18.1</td>
<td>14.0</td>
<td>7.7</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>4.9</td>
<td>9.4</td>
<td>11.4</td>
<td>18.8</td>
<td>21.1</td>
<td>20.3</td>
<td>14.1</td>
</tr>
<tr>
<td>Consuming SSB***‡</td>
<td>No</td>
<td>11.9</td>
<td>12.0</td>
<td>16.8</td>
<td>21.6</td>
<td>18.8</td>
<td>13.0</td>
<td>6.5</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>6.9</td>
<td>10.4</td>
<td>14.4</td>
<td>18.5</td>
<td>19.6</td>
<td>17.7</td>
<td>11.5</td>
</tr>
<tr>
<td>Consuming energy drinks***‡</td>
<td>No</td>
<td>10.8</td>
<td>12.7</td>
<td>16.3</td>
<td>19.6</td>
<td>17.5</td>
<td>15.0</td>
<td>8.1</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>3.3</td>
<td>7.7</td>
<td>12.7</td>
<td>19.9</td>
<td>22.5</td>
<td>19.6</td>
<td>14.3</td>
</tr>
<tr>
<td>BMI**‡</td>
<td>Normal</td>
<td>7.8</td>
<td>10.1</td>
<td>14.4</td>
<td>20.9</td>
<td>19.4</td>
<td>17.2</td>
<td>10.2</td>
</tr>
<tr>
<td></td>
<td>Overweight/obese</td>
<td>6.9</td>
<td>11.3</td>
<td>15.5</td>
<td>17.4</td>
<td>20.8</td>
<td>16.8</td>
<td>11.3</td>
</tr>
<tr>
<td></td>
<td>Not stated</td>
<td>16.1</td>
<td>17.8</td>
<td>19.0</td>
<td>14.7</td>
<td>10.9</td>
<td>9.6</td>
<td>12.0</td>
</tr>
</tbody>
</table>
Adolescent Girls & Social Media——the physiological effect

Disordered eating

Adolescent Girls & Social Media—the physiological effect

Bulimic symptoms

Adolescent Girls & Social Media—the mental effect

Increased body image dissatisfaction

Lower self-esteem

Adolescent Girls & Social Media—the mental effect

Opting out of activities

Dove (2010, proprietary research) The Real truth about beauty: Revisited. Extending the conversation to the next generation.
Adolescent Girls & Social Media—the mental effect

Poor academic performance

Adolescent Girls & Social Media—mechanisms

Adolescent Girls & Social Media——mechanisms

Peer pressure

Adolescent Girls & Social Media—Enlisting MIL as a tool

Carolyn Wilson, Alton Grizzle, Ramon Tuazon, Kwame Akyempong. Media and Information Literacy Curriculum for Teachers[EB/OL]. https://en.unesco.org/.
Adolescent Girls & Social Media—Enlisting MIL as a tool

Express

Participate

Produce

Expand the beauty standards
Enlisting MIL as a tool—Expand the beauty standards

https://www.logobook.kz.
Enlisting MIL as a tool—Expand the beauty standards

https://www.logobook.kz.
Enlisting MIL as a tool—Expand the beauty standards

https://www.logobook.kz.
Enlisting MIL as a tool– Expand the beauty standards

Adolescent Girls & Social Media—Enlisting MIL as a tool

MIL

Peer Education
Enlisting MIL as a tool – Peer Education

2015——2017

Peer Education Program
Age: 13-18
Enlisting MIL as a tool – Peer Education

2015——2017

Peer Education Program
Age: 13-18
Enlisting MIL as a tool— Peer Education

2015——2017
Peer Education Program
Enlisting MIL as a tool—Peer Education

Attitude toward gender based violence (online & offline)

Enlisting MIL as a tool for gender equality and women’s empowerment

- Acceptance
- Confidence
- Dream