

Choose and use media mindfully.

Be selective about your media use and choose media that supports your values and builds self-esteem and body confidence.

Limit screen time and social networking.

Studies have found that the more time we spend in the media world, the more we are exposed to images of the thin body ideal, and the more vulnerable we are to compare our appearance to these unrealistic body standards., Protect your self-image by monitoring the quantity and quality of your mainstream and social media time.

Think critically.

Use media literacy strategies to think critically about messages you consume and content you share on social media.

When viewing content, ask yourself:

Are the body depictions realistic or digitally altered?

What does the message really mean?

How might it affect someone's body image?

Who created and profits from the message?

Before you text, tweet, comment, post photos and videos, ask yourself:

The purpose of the message

Who you want to reach

Analyze the message it gives about bodies

Talk back to the media about body image.

Express what you like and dislike about body representations to those who profit from media and create policies by telling them why you feel this way and what you plan to do about it. You can take a stand by refusing to read, view, or listen to media or buy advertised products until they make changes.

Advocate for safe and inclusive body talk.

Use your social media capital to inspire others to use their voices to support and provide authentic, diverse body messages, criticize unrealistic body ideals, and report body shaming. Praise media outlets, retailers, advertisers, and celebrity product endorsers or influencers who celebrate all body shapes and sizes, and call out ones that promote harmful and artificial body norms. You can make a difference!

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