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### Body Image

Children at the age of five to twelve are expected to have fun and enjoy life with no worries. And many do, but there are some that come into consideration that how they physically appear to others is not what a 'normal' physicality is supposed to be. Many parents do not realize this but an abundant of children are dealing with self esteem, self evaluation, psychological, mental and health issues to adapt themselves into the 'idealized body' people represent around the world. Body image is the way someone sees, thinks and feels about their appearance. It contains the person's facial feature, size, shape, physical disability, weight, height, and skin colour. In this generation there are many ways for a child to start feeling self conscious about their own body. It can start by what they see media wise, their real life toys, and their lifestyle at home.

The most common gifts children would have received are a Barbie doll or some sort of action figure. Growing up with both of these "real life human figures" give a false impression, like with Barbie having a small waist, average height, perfect facial features and size and the action figure in his big, strong, muscular biceps and six pack. But many do not realize that the children have just received their first role models who have the 'ideal body image'. Both of these toys give an impression on how strong and pretty each gender has to be. Giving an illusion that they have to grow up and unrealistically strive to be skinny as Barbie and strong as Joe. In an

article called “Boys and Body image” Coraline Knorr states that boys with too much pressure about “manning up” can lead to crash diets, over exercising, and smoking or possibly taking dangerous supplements. She goes on that when boys grow up they have the pressure of not being able to discuss their feelings, because the toys they grew up with requires them to be “strong, brave” man. They do not desire to grow up skinny like most girls do but they desire to grow up bulk and with a six pack. On an online page, mirror-mirror.org, there was an article that stated that a woman had to go under twenty surgeries to look like barbie's body image. It goes on with discussing that even though many have not played with dolls as a child those that have had a greater chance of wanting to be thinner and have reported lower body image. In the last couple of years there has been many contributions that Barbie does not look normal, so they have decided to come up with new dolls. In which will come in different sizes, shapes, heights, and skin colour and will hopefully discourage kids from body shame. These types of toys encourage insecurity and self doubt to a child who has already had second thoughts about their body.

Technology has advanced in many ways, instead of using a phone booth there is a small technical smartphone that can be used by hand and can access into the internet and many other social apps. These type of electronics are given to children as small as five years, and many fall upon pictures or videos of their favorite celebrity or TV role model. The media sends many messages, like what type of music you will like, what type of shows to watch and how people are supposed to look like. According to the National Institute on the Media and the Family the amount of time a child is on social media or watching a movie a show depicts the degree of dissatisfaction and desire to be thin. A child can be watching tv for up to five hours a day and spend the average day watching all sorts of media combine for six to seven hours. That is seven

hours a day in which the child repeatedly sees the same forms of figures in every show, videos, commercials or magazines. Park Nicollet Melrose Center stated that on average elementary school girls who read magazines forty seven percent state they want to lose weight, while sixty seven percent state the pictures influenced their perception of the “ideal body image”.

With unrealistic toys and the media giving false body image impressions to kids indulges many consequences. The unease of body shape and image can lead to eating disorders, unhealthy weight control and restrictive dieting. In “guidelines for adolescents and nutrition services” Jillian states that approximately thirty percents of boys and and more than fifty five percent of girls report using laxatives, diets pills, vomiting, cigarette smoking and diuretics in effort to lose weight. She goes on with discussing how eight year old girls believe that dieting and losing weight helps with self worth and improve their own view of their body. In which can lead to anxiety and depression with the help of poor body image.

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