

PROMOTING HEALTHY BODY IMAGE IN CHILDREN - A PREVENTATIVE RESOURCE FOR EDUCATORS

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As we delve headfirst into a future characterized by constant media usage, we have been confronted with a dangerous reality: unhealthy self-comparison to the unrealistic images in the media has sparked an epidemic of negative body image and subsequent body disorders in one of our most vulnerable populations. Research demonstrates that a high number of pre-adolescent children are already experiencing a desire to be thinner; even more abundant is the research that establishes an overwhelming number of teenagers and adults who suffer from profound body dissatisfaction. In order to slow this trend, healthy body image needs to be addressed affectively in the elementary classroom- and by teachers with access to ample resources. The following meta-analysis presents both a qualitative and quantitative perspective on the issue as well as provides an examination of existing preventative programs. Finally, evidence-based suggestions for improvement in both research and application are offered. This resource will be widely available to any education professional who wishes to address body image through preventative measures.

