Written evidence submitted by Xii Cin (BYC004)

1. Are particular groups of young people particularly prone to poor body image, or less likely to be offered or seek help with poor body image? What causes these trends?

I think increasingly boys are more pressured to look good – the issue has always been around for girls but now with the increase of 'workout selfies' on social media sites etc young men are now becoming more obsessed with their body looks.

2. In relation to young men and boys, minority ethnic groups, and those who self-identify as transgender: what are the specific challenges facing young people in these groups? How effective is existing support?

Transgender: there is still a lot of stigma round this issue and they are frequently the target of 'jokes' from their peers

3. Do existing campaigns and initiatives to promote positive body image sufficiently take into account the different challenges faced by young people with particular characteristics?

   I don't think they take into account the different challenges because they are mainly based on the fact that larger people may have lower self worth but fail to realise very skinny people also have may have lower self worth, and are also more focused on women and girls rather than men and boys.

4. Has the growing use of social media and communications platforms amongst young people encouraged practices and attitudes that entrench poor body image? What is the link between "sexting" and body dissatisfaction?

   Yes they have as on instagram, tumblr etc. there are an increasing amount of models with 'idea;' bodies promoting themselves on the sites. I think if your sexting partner comments on a picture that you sent negatively, it would lead to body dissatisfaction.

5. Can the internet and social media be used as a tool to promote positive self-image? What examples are there of this happening?

   Yes I think it can be, like for example, using models of varying shapes and sizes.

6. Do internet companies, social media platforms or other platforms have a responsibility to tackle trends which entrench poor body image? What are they already doing in this area? What more should they be doing?

   I think social media sites do have a responsibility as fat shaming others or body shaming others occurs on these sites. At present, posts can be reported however I don't think the social media companies actually look through all of the claims because I myself have reported a few posts for inappropriate behaviour and the posts have not been taken down.

7. Does the Government have a responsibility to discourage the use of social media, the internet and communications platforms in ways which promote poor body image? What should it be doing in this regard?

   The government should hold social media sites to account for this, and make sure they have proper teams set out to tackle hate on social media sites. It should also encourage magazine companies to use a limited amount of photoshop and ban underweight models.

8. What examples are there of schools integrating the promotion of positive body image into school subjects across the curriculum, particularly physical education? How successful have these been? How can success best be measured?

   During ICT, we learnt about photoshop and its ethics and how unrealistic model shots are.

9. What examples are there of youth organisations and peer education programmes outside of schools promoting positive body image? Are there examples of programmes focusing on different groups of young people? Are they focusing on different aspects of body image? How effective are these? How should they be evaluated?

   I don't really know about these because they haven't really been promoted to me but they should be evaluated using a questionnaire of people who visit their sites/ talk to them like having a questionnaire before and after consultation.

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