Whitnall Health News

It's Not Just Girls, Boys Too

By Ella Frank

The goal of a perfect body is not just a "girl" thing anymore. With the padded superhero suits that allow 4 year olds to have six packs to the impossible body proportions displayed on action figures, the media has presented an unrealistic standard for men's body type. Unlike females however, most boys aren't out to get skinny, they want to bulk up. Researchers have found a significant connection between men's exposure to fitness media and negative body-image. With the easy accessibility of social media, we make it easy to find information about diet and fitness, but some boys are taking extreme measures to get a muscular, chiseled physique. Although research on boys lacks behind that on girls, it's clear that negative body-image can affect boys' physical and mental health greatly. Boys are taught at a young age to believe that being a man and being muscular go hand in hand. As boys grow older, the pressure to "man up" can sometimes lead to crash diets, over-exercising, or even taking dangerous supplements.

In this issue you will learn more about issues facing body image.

Check out the graphic made by Logan Michalak on the next page to learn more about body image.

And in a culture that discourages boys from talking about their feelings, it can be that much harder to see the signs of a negative body image. Taking that into account, we need to equal the level of research in both genders in order to eliminate the cause completely, since the mental and physical effects of negative body image are colossal.

Body Image

By Zoe Pinter

Defining It

What is body image? It is how you view yourself when looking at yourself in the

mirror or in a picture. Not only is it how you view yourself, but it is how you view your personality, reputation, and decisions. Body image is taking a step back to look at yourself and evaluate. That is why people -especially teenage girls- either have trouble with themselves, or love themselves; it all relates back to body image in the first place.

Positive Body Image

Positive body image is healthy for your wellbeing. It means that you like what you see in the mirror, and you are comfortable with yourself. It fits into the categories of a personal health triangle, which is physical, emotional, and social health. With a healthy mentality of yourself, you tend to hang around people who already make you feel good about yourself, and

Don't let your own negative peer pressure affect the way you want to look!

This is the only trait you need to look good!

I need to
~~be skinnier~~
~~be prettier~~
~~be richer~~
love myself.

Always treat your body with respect no matter how the way you look.

BODY POSITIVITY

85% of people compare themselves to others especially against their close friends.

actions you can reciprocate for them. Common sense also says that a positive mentality means a positive mindset. With that type of optimism, you gain self-esteem and can usually think clearer and make better decisions for yourself. Some of those decisions are eating the healthy amount of food for your body, and exercising a healthy amount.

Issues That Occur

Everyone is developing their own viewpoints of themselves, and some issues that can occur in the making are taken into account, and reshape everything we already think of ourselves. When someone already has low self-esteem, their

IT'S JUST AS HARD TO BE **KEN** AS IT IS TO BE **BARBI!**

tendencies to develop negative body image becomes more of an issue and can lead to disorders. Some factors that play into that are bullying, cyberbullying, rumors, sharing unflattering photos, and teasing about appearance and weight. A self-creating factor is making comparisons to society, like models and movie stars, who are most of the time unhealthily shaped, and photo shopped.

Negative Body Image

A negative mindset can begin to develop from these issues, which is unhealthy for your wellbeing, and disrupts your personal health triangle. It is the opposite of a positive mentality, and causes you to not like what you see when looking in the mirror. Because of bullying and comparisons, a distorted and inaccurate perception reflects back in the mirror. When you may see someone overweight, reality sees you as healthy. Then you may start to disrupt your health by hanging out with people who tell you otherwise, constantly telling yourself you are not healthy-looking, and exercising at an unhealthy rate, and eating an unhealthy amount. These are eating disorders.

Disorders

  Resulting in the causes, serious disorders can develop like eating disorders, anxiety, and depression. Eating disorders are not only food-based, they also affect the mind, and have to do with exercise. You may exercise at an excessive amount, just to lose weight. The main eating disorders that come from negative body image are bulimia (binge eating to make yourself throw up to lose weight) and anorexia (self-starvation to lose weight). In some cases, people are predisposed to eating disorders due to a genetic component.

Effects

While it may seem like a good and quick idea, effects of negative body image (other than being very bad for your health) are mood swings, anxiety, mental health disorders, stress, and a long recovery process.

Coping

Whether it is you or someone you know who is struggling with negative body image, there are always coping strategies and recovery processes. Some strategies are writing a list of things you like about yourself, surrounding yourself with positive influences, focusing on what your body can do, not how it looks, communicating the boundaries of teasing in families, and talking to a trusted family member or friend. Of course professional help is the most beneficial for a serious issue, so talk to a therapist about negative body image, or a doctor who specializes in eating disorders.
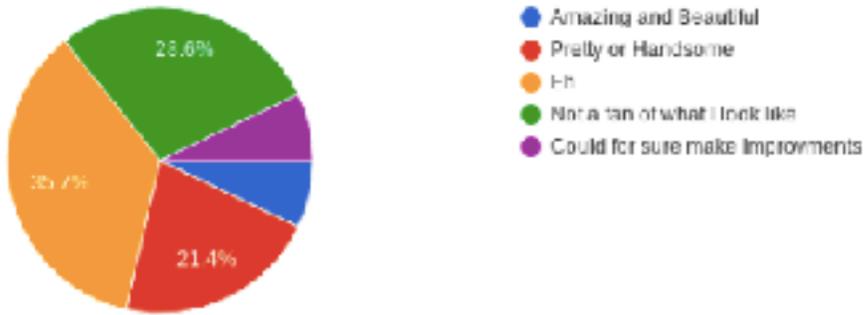
Body Issues

by Danielle Gallagher

Everybody has body issues no matter who you are. Some may seem like they are perfect and they love your body, but that's not the case at all. Whitnall has its different groups of people like the athletes, cheerleaders and the "nerds" whatever they call themselves. And all everybody sees is how different they are from each other, but if anybody would just take the time to actually look and talk to one another you would see just how alike you actually are. In this graph it shows how alike you all are.

How do you view yourself?

14 responses

- Amazing and Beautiful
- Pretty or Handsome
- Eh
- Not a fan of what I look like
- Could for sure make improvments

28.6%

35.7%

21.4%

Drowning, Worms, Not being good enough for others, being annoying, My acne getting worse and my body becoming extremely slim, Letting someone down Being judged.

Do you think YOU are pretty or handsome?

14 responses

- ABSOLUTELY NOT
- Not really
- Eh kinda
- Yes mostly
- OMG YES

42.9%

14.3%

35.7%
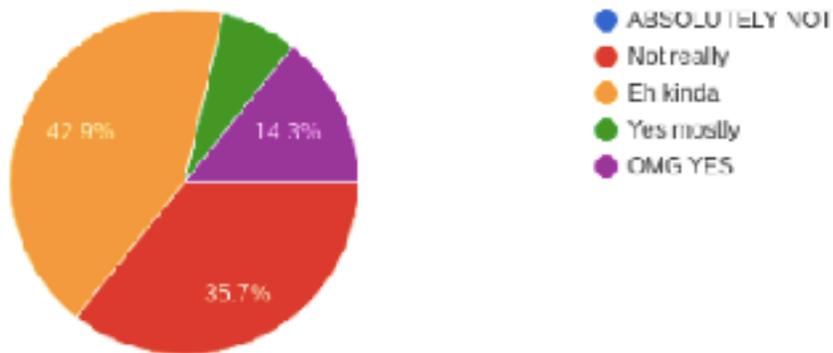
Yes there will always be the people who think that they love how they look but they still don't love absolutely everything about themself. Here is a list of what people are most afraid of: Never losing the excess fat around my abdomen, Living my life with no meaning, Turkeys, losing the ones i love, Heart disease, Thunder, Dark,

Everyone is scared of something and everyone has body issues and that's ok. So talk about them and tell everyone and share with the world that you are perfect even if you have body issues. Because each and every one of you are amazing no matter what others think, YOU ARE PERFECT.