

“Every 62 minutes at least one person dies as a direct result from an eating disorder”(ANAD).

Growing up, adolescents learn about how they feel self conscious, but not knowing why is common until they reach puberty, finally realizing how beauty standards affected them.

“Statistics on anorexia show that between 1 – 5% of all female adolescents and young women suffer from anorexia. The average age of onset is 17” (Morris). Which means the “every 62 minute” statistic are mostly females around the age of seventeen. In America, young adults have been given unrealistic western beauty standards from social media, family, and friends; putting their health at risk.

An article presents a chart, comparing what barbie would look like if she were life size. It presents a table, showing Barbies unrealistic sizing to the average woman in america. “Research has shown that if Barbie were made into a real life teenager, she would be 5’9, have a 39” bust, an 18” waist, 33” hips and a size 3 shoe. She would weigh approximately 110 pounds and would be considered not only anorexic, but so thin that she wouldn’t even be able to walk”(Dixon).

“By the time kids are interested in joining social networks, nearly one in three is stressed out about how he or she looks when posting photos, and even more are worried about how they look in photos they're tagged in.” (Swann). This is worrying because without noticing, social media has become a platform that people post only what they think others want to see, Although it can be a way to express themselves in ways that they can not do in real life, Some teens are very dependant on social media and the persona that they created for themselves“Instagram easily

makes girls and women feel as if their bodies aren't good enough as people add filters and edit their pictures in order for them to look 'perfect'" (Macmillan).

All of these factors like social media, family and friends pushing these beauty standards onto these kids or teens can lead into mental health issues that can affect their physical health.

Problems that can be developed are eating disorders like anorexia: the act of an individual who chooses not to eat as a way to stay skinny. Or they can develop Bulimia, which is an individual who binge eats and purges afterwards to maintain their current body shape. These are the two most common eating disorders that are diagnosed in teens.