

Intro Idea: For my intro idea I would want to write a more poetic short story about what it feels like to experience beauty standards being pushed onto you from an age that you are still trying to figure yourself out, and how it can have a negative ends to it.

Thesis:

Young women in America need to challenge western beauty standards because it is affecting their self esteem, social media is providing a negative platform for beauty standards, and family and friends need to unlearn western beauty standards as the expectation for young women.

Major sections:

I. Topic sentence for section/ pp 1: children can start hearing and seeing from family members and friends. One example is when relatives push these beauty standards onto their kids to make them feel beautiful, while changing how they really look, or want to look. It can make the kids or teens feel like they have to look a certain way in front of family on order to not get called out on.

a. Evidence for section/ pp 1: "Mirror, Mirror" (Kate Fox)

b. Evidence for section/ pp 1: "plastic pressure: Barbie's impractical beauty standards over the years" (Julia Dixon)

c. Evidence for section/ pp 1: "Body image(Children and teens)"

d. Connection all this evidence has to sub-topic/ thesis?

This relates to the thesis by talking about how family and friends can be the start to kids and teens having low self esteem.

II. Topic sentence for section / pp 2: Kids and Teens can also learn what beauty standards on their own. It can be when they get their first social media account like instagram and see how most instagram models look like and they can feel like that's what they have to look like.

a. Evidence for section/ pp 2: "Kids are super unhappy with their body image and the media isn't helping." (Jennifer Swann)

b. Evidence for section/ pp 2: "The beauty industry's influence on women in society" (Ann Marie Britton)

c. Evidence for section/ pp 2: “The effect of the media on self-esteem of young girls”
-Róbert Osad'an (Rania Hanna)

d. Connection all this evidence has to sub-topic/ thesis?

This relates to my thesis because this is one of the topics in my thesis

III. Topic sentence for section / pp 3: All of these things like social media and family and friends pushing these beauty standards onto these kids or teens can lead into mental health issues that can affect their physical health. Physical health problems that kids and teens can develop is eating disorders like anorexia or bulimia.

a. Evidence for section/ pp : “Teen health and the media”

b. Evidence for section/ pp : “Body image” - goodtherapy.org

c. Evidence for section/ pp :”Internalizing Beauty Ideals: The Health Risks of Adult Women’s Self-Objectification” (Vera Stiefler Johnson)

d. Connection all this evidence has to sub-topic/ thesis?

This relates to my thesis because I talk about how all of these small things can lead into a really big negative thing that can ruin peoples lives.

IV. Topic sentence for **counter argument**/ pp 4: How these small things like social media and family and friends can be a little step to the big picture, which is when young girls and boys have their OWN body images about themselves and how they can start to blame others for how they feel about themselves because they weren't taught to love their own bodies.

a. Evidence for section/ pp :“Stop blaming the media for our body image issues”

b. Evidence for section/ pp: this article talks about how we can help children from dehumanizing the media and how to not let it take over their mind.

c. Evidence for section/ pp :

d. Connection all this evidence has to sub-topic/ thesis?

V. Conclusion Final thoughts about this subject/ summary of ideas

I think that we should be mindful of what kids are shown about beauty standards so that when they grow older they don't have self esteem issues or even worse, an eating disorder that they can develop from trying to look "beautiful".