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How the Media Impacts Women's Body Image and Self-Esteem

Cassandra George Sturges

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It is not enough to tell young women how beautiful, pretty, and cute they are. They are not going to believe what they hear, as much as they will believe what they see, feel, touch, and experience on a daily basis. Make sure that you buy books, dolls, games and movies with girls of different shapes and sizes who are considered to be desirable and beautiful; not the fat supportive friend or the ugly step sister. Compliment other women who deviate from society's standards of beauty such as Queen Latifah, Jordin Sparks and Sarah Jessica Parker. Girls will indirectly learn from you that it is okay to look different and still be beautiful.

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