

## ABSTRACT

### GIRL POWER! CURRICULUM DEVELOPING A HEALTHY BODY IMAGE: EFFECTIVENESS IN REDUCING NEGATIVE BODY IMAGE IDEALS AMONG ADOLESCENT FEMALES

The Girl Power! Curriculum was developed to promote a healthy and positive body image among female adolescents and to prevent girls at-risk from developing a negative body image that may lead to an actual eating disorder. The study took place in two Central Valley high schools in California. Twenty-five female students in the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades participated in the study. Ten sessions were conducted during the 2005-2006 school year. The Body Image Scale was administered before and after the program; there were no significant changes in body image after receiving the intervention. Ethnicity analyses partially supported that students of color have higher self-esteem and body image than Caucasian students. Limitations of the study and recommendations for research are discussed.

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