

## ABSTRACT

### BEAUTY MESSAGES REVEALED: AN EXPLORATORY STUDY ON A BODY IMAGE CURRICULUM

This study uses a qualitative strategy for identifying stereotypes about body size and how teens are influenced by media messages that impact body image. Qualitative data were collected through participant journals, researcher journal, and group discussion. These data were complimented by quantitative data collection through the Youth Risk Behavioral Survey (YRBSS) and Body Satisfaction Scale. All participants were Southeast Asian sophomore students at a high school in Fresno County. Participants had clear ideas about the body ideal and were able to compare and contrast messages portrayed by television, advertising, and video games. Implications for social work practice are presented as are recommendations on how to promote healthy discussion of body image for teen audiences.

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