

**GOVERNMENT
CENSORSHIP**
PROTECTING YOU FROM REALITY
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Medias Effect

Girl Edition

By: Ava Trivanovic



Research Question

- Why do Women have such low self esteem?

Answer

- Models on Social Media



Getting to know about self esteem

In the next slide we will be explaining the word that revolves around my question.

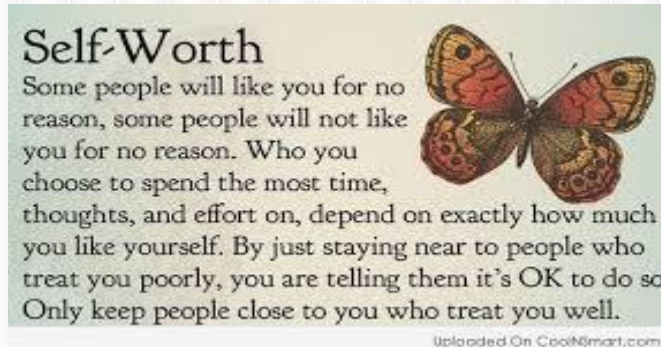
Self Esteem



Self Esteem

Meaning: Self esteem means one's respect for his/ or herself.

Low self esteem: When you don't have respect for yourself.



Unrealistic

The way the media tries to portray women is unrealistic.

- Tall: 5'11
- Thin: 117 pounds
- Beautiful



Effects

Some of the most common effects are disorders, such as..

- Anorexia: An eating disorder that makes someone refuse to eat.
- Bulimia: An eating disorder that makes someone eat a lot and then followed by vomit.
- Anxiety: A disorder that makes someone feel worried, uneasy, or nervous.
- Depression: A feeling of hopelessness and inadequacy.

How To Help

Some ways to help are...

- Going to self help groups.
- Sharing your story.
- Or even do something you have been putting off.



How the Media could Help

Some ways are..

- Stopping photoshop
- Using all sizes, ethnicities, and color.



Talk to Someone

If you or anyone you know needs help don't be afraid to talk to someone you know and trust, they will understand.



The End

So next time you will go on the internet, you will know that this ↓ is mostly fake.



THANKS FOR
WATCHING!!!