**Resilience and Self-image: (Course 3 – social and systematic change)**

The goal of this activity is to generate discussion, either formal or informal, on protective factors in prevention of eating disorders. Be clear in the expected deliverables for this assignment, whether participation agreements for in-class discussion, online discussion board activity, or written submission.

Instructors can begin this activity by posing the question: is dissatisfaction with curvy figures on the decline?

* The goal of this prompt is to raise the concept of resiliency to pressures for beauty (and subsequently thinness).
* Consider raising the concept of acculturation and standards for beauty, including the evidence from Fiji, described in the Amuse Bouche of Chapter 12, and also available in the references below.

Next, ask students how they may evaluate the following two concepts:

* Drift or change in societal standards for beauty
* Resilience to pressure for thinness (via standards for beauty)

After they brainstorm ways to measure changes in beauty standards and resilience to pressure for beauty standards, encourage students to browse the resources below to update their proposed plan for assessment.

**Related references:**

Franko, D.L. et al. (2012), ‘Considering J.Lo and *Ugly Betty*: A qualitative examination of risk factors and prevention targets for body dissatisfaction, eating disorders, and obesity in young Latina women’, *Body Image,* 9(3): 381-387.

Pepper, A.C. & S.Y. Ruiz (2007), ‘Acculturation’s influence on antifat attitudes, body image, and eating behaviors’, *Eating Disorders,* 15(5): 427-447.

Romo, L.F., R. Mireles-Rios, & A. Hurtado (2016), ‘Cultural, media, and peer influences on body beauty perceptions of Mexican American adolescent girls’, *Journal of Adolescent Research,* 31(4): 474-501.

Schooler, D. & E.A. Daniels (2014), ‘ “I am not a skinny toothpick and proud of it”: Latina adolescents’ ethnic identity and responses to mainstream media images’, *Body Image,* 11(1): 11-18.