



# Addressing girls' body satisfaction: Impact of the Young Women Leaders' Program

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## Introduction

- Middle school girls are at risk for feeling dissatisfied with their physical appearance (Koff & Rierdan, 1991)
- Researchers recommend mentoring programs to increase girls' body image self esteem (Iannantuono & Tylka, 2012)
- The Young Women Leaders' Program (YWLP) pairs college women mentors with middle school mentees to enhance mentees' global self-esteem
- This study will evaluate the effect of participating in YWLP on mentor and mentee attitudes and behaviors surrounding body image satisfaction**

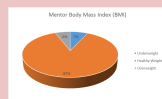
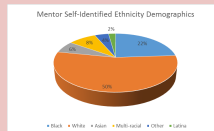
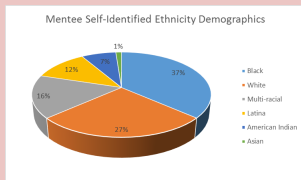
## Methods

### Participants

- 7<sup>th</sup> grade middle school girls and college women in Charlottesville, VA
- Data collected from self-report surveys of program and non-program participants (control subjects)

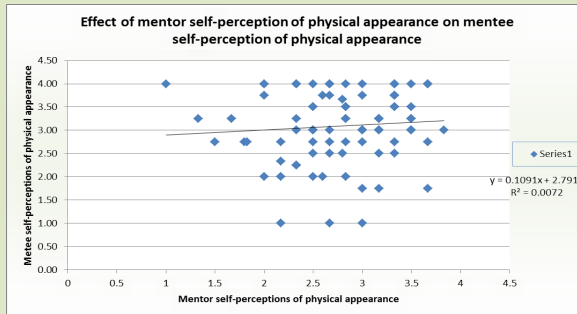
### Measures

- The Harter Scale (Harter, 1985), used for college women
- The DuBois Scale (Dubois, 1996), used for middle school girls
- Weight-reducing behaviors questions
- Self-report of change in body image perception

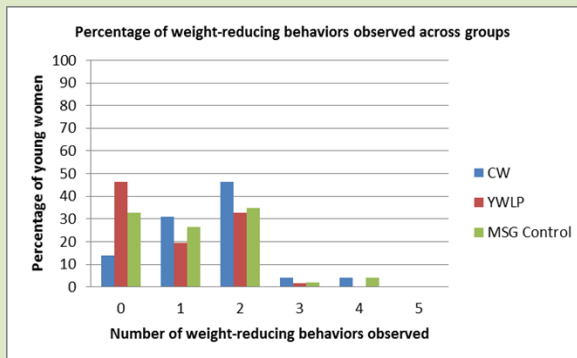


## Results

- YWLP girls and non-program participants **do not significantly differ** in appearance satisfaction scores post-program
- Mentor self-perception of appearance satisfaction has **non-significant correlation** with mentee self-perception



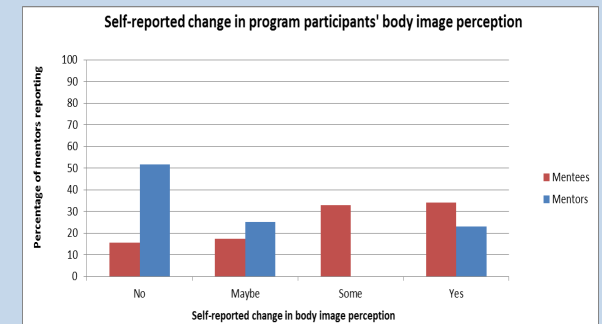
- YWLP girls **significantly differ** in amount of weight-reducing behaviors compared with college women mentors and middle school non-program participants



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## Results cont.

- Mentees **significantly differ** in self-reported change in body image perception compared with mentors



## Implications

- YWLP girls engage in **less risky weight-reducing behaviors** than mentors or non-program participants, and claim to be **more satisfied** with their bodies after the program
- Findings suggest that program participation has a beneficial effect on mentee's body satisfaction; however, **mentors may continue to struggle** with their own body issues
- Future research should compare mentor and mentee appearance satisfaction, and consider cultural differences within groups relating to body satisfaction
- Mentor body positivity should be emphasized and further developed during YWLP training

\*References will be provided upon demand

