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## Shifting the conversation: How can we improve the way girls and women see, think about, feel, and behave towards their bodies?

Katarina Huellemann

Western University, khuellem@uwo.ca

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'Body image' refers to the inside view of one's body and constitutes how we see, think about, feel, and behave towards our body. Given that criticizing and evaluating one's body negatively is tied to worse mental and physical health (e.g., eating disorders, depression, exercise avoidance), my research aims to uncover structural (e.g., gender and weight-related discrimination) and individual (e.g., low self-compassion) factors that may be targeted to improve one's relationship with their body. Unfortunately, experiencing body dissatisfaction has been described in the literature as 'normative discontent' for girls and women, meaning that girls and women talk about and evaluate their bodies so negatively and consistently that it is considered 'normal'. Thus, the mission with my research is to shift the conversation for girls and women from how their bodies look to everything that it can do and develop interventions that help realize their potential beyond body shape, size, and appearance.