

1. The writer includes a description of their research process. First person is required for this section. The description should be between 250-400 words.
2. The source report includes a *reflective annotation* for at least 5 of the sources the writer is using in the literature review section of the project. Each annotation includes all of the required information on topic, position (or argument), evaluation, and relevance to the writer's research. Each annotation should be between 150-200 words.
3. The source report includes notes that describe connections between the sources. Each source should be somehow connected to at least one other source. The purpose of the connections is to aid in synthesis of the sources in your literature review.
4. The source report includes an APA citation for each listed source.

FORMAT

RESEARCH TOPIC

DESCRIPTION OF RESEARCH PROCESS

APA CITATION

- TOPIC
- POSITION/ARGUMENT
- EVALUATION
- RELEVANCE TO WRITERS RESEARCH
- BETWEEN 100-250 WORDS
- DESCRIBE CONNECTIONS BETWEEN SOURCES

Research Topic: The Effect of Social Media on Perception of Beauty in Adolescents Between the Age of 9 - 19

Research Process:

My research process was starting with the most drastic strategy adolescents have used to achieve beauty standards. This method is done to address insecurities rather than achieve self confidence. This is about a 14 year old girl dying shortly after receiving breast implants. What was the situation that caused and allowed this to happen? In other words, why did she feel the need to get implants, and how did she get access to implants.

Next, I thought of “Sephora Kids” trend and how there was an influx of kids buying \$100 of dollars of skincare products. The general consensus was confusion around why kids were buying extensive and intense skincare products, often more elaborate than most adults' skincare routines. Even though buying skincare products is trendy it is inappropriate for kids to use anything more than a cleanser, moisturizer, and sunscreen because it can damage and irritate their skin. Kids as young as 9 years old are using anti-aging products when their skin hasn't gone through the aging process yet. This shows a lack of education and deep insecurity started at a young age by social media and was enabled by parents and companies.

Then, I wanted to go over glow up culture, and the idea that kids don't want to be kids and look their age. Instead they want to look like Instagram models but don't understand the implications of their behaviour.

I then thought to look into when puberty actually ends and how these external attempts to expedite puberty disturbs the natural process and negatively affects the mental health of the youth. If they artificially construct themselves based on trends on the internet instead of developing who they are. Doctors recommend to be encouraging and supportive of your child's changes during this time but instead they become enablers of covering insecurities instead of empowering their identity

Finally, the last idea I thought to address was the history of brands latching onto women's insecurities about beauty and pushing a product onto her. Some even create new insecurities to sell their product.

Cleveland Clinic. (2023). Puberty: Tanner Stages for Boys and Girls. Cleveland Clinic.
<https://my.clevelandclinic.org/health/body/puberty>

- This source is informing about the stages of puberty for Boys and Girls. Although we will be focusing on girls. It explains that this time is filled with physical, mental, and emotional changes. Puberty makes you physically an adult by the age 20, but your brain continues to develop through your late 20s. Stage 1 is prepubertal, girls haven't experienced any visible changes but their adrenaline glands and ovaries are growing. Stage 2 begins between ages 8 and 13, changes in breast size, areola size, body odor, height, and vaginal area and body hair, including clitoris size and public hair. Stage 3 begins from 9 to 14 and these growths continue adding oily skin causing acne. Stage 4

begins from ages 10-15 growth continues with the addition of starting their period. The final stage is stage 5 from ages 16 - 20, stretch marks are normal, public hair may extend out to the thighs but everyone's final stage of puberty looks different. It gives parents a care guide to taking care of a child going through puberty. It says to inform children about their bodily changes, educate them about sexual reproduction, help with complex emotions, be a model for body acceptance, respect their need for privacy, and set appropriate boundaries.

Kaziga, R., Muchunguzi, C., Achen, D., & Kools, S. (2021). Beauty is skin deep; the self-perception of adolescents and young women in construction of body image within the ankole society. International Journal of Environmental Research and Public Health, 18(15), 7840. <https://doi.org/10.3390/ijerph18157840>

- This source talks about young women's (ages 16-24) awareness of their bodies compared to the beauty standard in their culture through media and how that affects them during their developmental stage. This study is supported by 2 theories, Foucault's Theory of the Body and Higgin's Self-Discrepancy Theory. Micheal Foucault's Theory explains the ethos surrounding the female body image based on the past notion of its sole biological purpose and sexuality, which has been used to oppress women. Edward Tory Higgin's Self Discrepancy Theory points out that young people's self perceptions are influenced by comparisons with others. For example, in Ankole Culture the beauty standard is fat bodies. More specifically slender nose, thin lips, finely shaped heads, fat backsides, and fat legs. Body image for Ankole women is also tied to moral norms, there is a beauty ritual of female fattening during adolescence to ensure women develop to be fat. Fattening among women creates a great sense of respect within and outside of the family. While traditional practices look to fatness as a symbol of beauty, the trend for young women has begun to shift in the contemporary world to meet western beauty standards that idealize being thin and curvy. In both cases many girls and young women are unable to maintain a healthy healthy body weight as girls are either starving themselves and bleaching their skin or developing obesity and cardiovascular disease. These changing trends may put young women at risk for self-hatred toward their bodies. Research suggests that girls who struggle with a negative self-esteem are more likely to be susceptible to harmful societal messages and struggle with body dissatisfaction. A negative body image is not only connected to low-self esteem and decreased well being, but it is also related to serious long term psychological consequences such as depression, suicidal thoughts, eating disorders, and poor performance in school. Studies suggest that young women could benefit from social shifting of focus from physical appearance to other valuable development assets. In conclusion, government-sponsored programs that provide education and provide education and positive media messages may be beneficial to building the self-esteem of young women.

Malik, N. (2022). From the Archive: Beauty Standards and Diet Culture in British Print Media, 1901-1966 | British Online Archives. British Online Archives.

<https://britishonlinearchives.com/posts/category/articles/491/from-the-archive-beauty-standards-and-diet-culture-in-british-print-media-1901-1966>

- This archive goes through the history of messaging around women's beauty through 2 collections, The Tatler from 1901 - 1965 and London Life from 1965-1966. These articles addressed the biggest social and cultural changes in Britain, from corsets, debutante balls, sporting, the Boer War, politics, fashion, theatre etc. Despite the diversity of the material, one message remained consistent for over 65 years, thinness equates to beauty. The media propagates unrealistic beauty standards and celebrities (Kim Kardashian, Kylie Jenner), influencers, models and brands (Victoria's Secret) sell themselves in the media by creating an image of effortless and in most cases unattainable perfection. Researcher Jasmine Fardouly highlighted how "people are comparing their appearance to people in Instagram images, or whatever platform they're on, and they often judge themselves to be worse off". Recent research has shown that the media and its idealization of the perfect body has had a negative impact on women's confidence and body image.
- Thin ideal images often accompany various advertised products. The pairing of which reinforces the idea that if you buy or use a particular product you too can be beautiful", Jenifer Mills.²
- The media feeds on women's insecurities surrounding weight. Aside from simply seeing women with perfect bodies, if you are active on social media you will know it is virtually impossible to avoid posts advertising the latest diet fads. Detox teas, meal replacement shakes and appetite suppressant pills are just a few of the many "quick-fix" diet products that have exploded in popularity in recent years. Celebrities and influencers, such as Kim Kardashian, are frequently seen promoting appetite suppressant's, detox shakes and other diet products followed by a "#ad".

NúñezC., CantúN., & Soria, P. (2025, September 24). Paloma Nicole's death raises alarm about cosmetic surgery in teenagers. The Arizona Republic; La Voz.

<https://www.azcentral.com/story/news/local/arizona/2025/09/24/paloma-nicole-death-mexico/86321126007/>

- A 14 year old girl from Mexico got a BBL surgery with the approval of her mother but without the knowledge of her father afterwards. The following week she ended up in a medically induced coma with a swollen brain and heart problems. Her father was told that she died of COVID-19 but during the open casket he noticed her breasts were much larger than the last time he saw her.
- This is a situation where the parents, specifically mother did not give her a body positive environment during puberty and instead enabled her insecurities into purchasing things to

artificially change her to be a trendy beauty standard instead of her authentic self, as the Tatler Archives went over how insecurities are always partnered with something to buy to “cure” your insecurity.

Scholas, K. (2024, November 7). If You’re Under 18, Stop Trying to Be a Baddie! Youtube.
<https://youtu.be/pfP2iO2Wp5w?si=JmH9rn1klt3wzgWn>

- Preteens going through puberty are forcing themselves to look as grown as possible for attention and parents and companies often don't stop this because the attention means money although not all of the attention is from good eyes, No one cares that they put their children at risk of predation why they oversexualize their child at a young age and their thoughts around their looks and how others perceive them will always be tainted toward oversexualization.

Tovar, S. (2025). Stop Blaming “Sephora Kids” & Start Blaming Skincare Brands... Youtu.be.
https://youtu.be/sWEPGiT4DIM?si=YH_csOFJH519tb_D

- This source goes into the fact that the creation of “sephora kids” was not as a result of kids independently deciding they wanted to get really expensive skincare but instead the media creating insecurities within these young girls and making them feel like they need need products to address their aging when their skin has yet to age.
- These girls are prepubescent to so once these ideas of overdoing skin care have been implanted in their young minds it will be even worse when they start to go through puberty and

CHOC. (2024, April 16). Preteens and skincare: What parents should know.

CHOC - Children’s Health Hub.

<https://health.choc.org/preteens-and-skincare-what-parents-should-know/>

- They inform us that preteens should practice a skincare routine but it should not be so elaborate as 10 steps and exfoliants. Any harsh chemicals can damage the skin of preteens and harm the preteens skin development with continuous use. It recommends a simple skin care

routine of a gentle cleanser, moisturizer and sunscreen. This protects their skin instead of damaging it, so the trend of sephora kids going and buying labor intensive skincare products is actually counter intuitive to their best interest of beauty but because parents dont check what their kids are doing and companies are profiting nobody stops them from ultimately harming themselves to be trendy.