



EDSA

**In partnership with The National
Association of Anorexia Nervosa &
Associated Disorders**

Body Dysmorphic Disorder & Social Media

WRITTEN BY:

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PROJECT EDSA

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CONNECT WITH US

Connect with EDSA across social media to learn
about and support our mission.



WEBSITE

<https://projectedsa.wixsite.com/home>



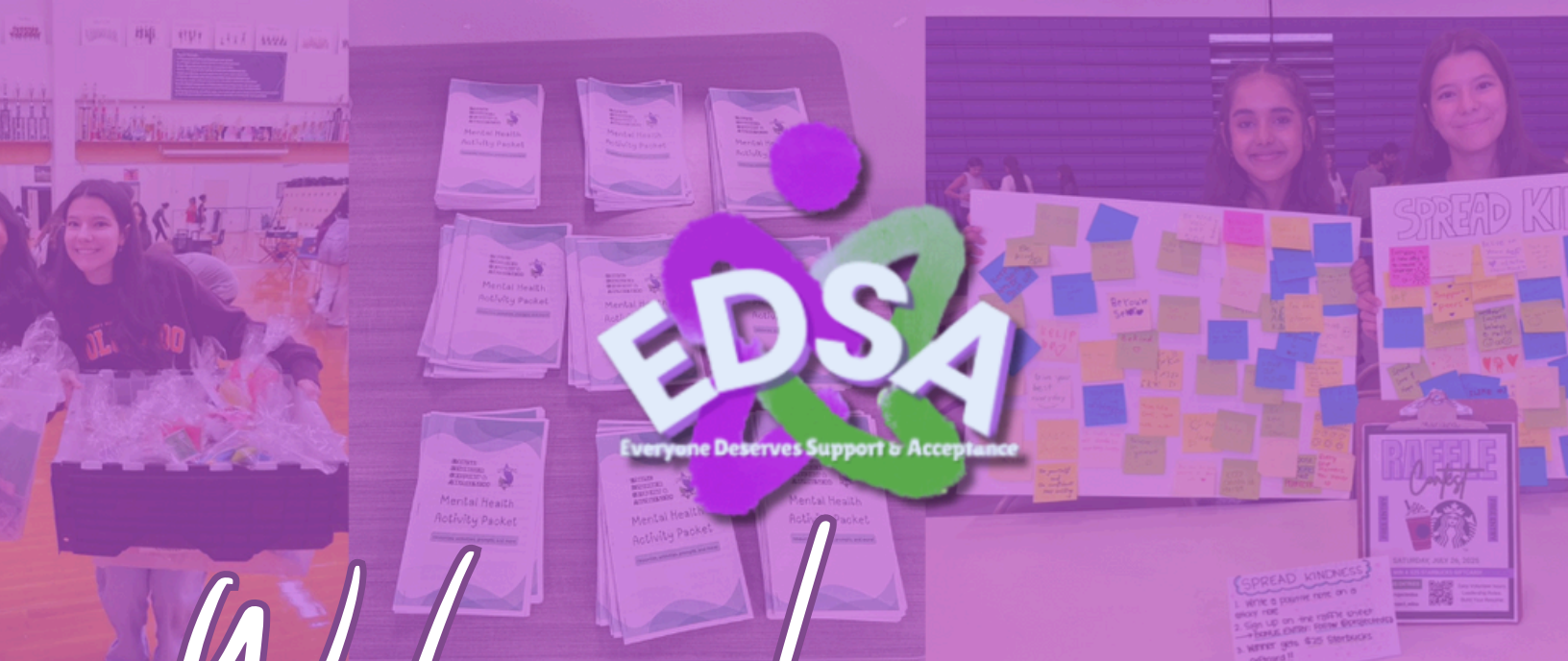
INSTAGRAM

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Welcome!

Project EDSA is a youth-led initiative building school-based systems for eating disorder prevention and support. Our mission is to ensure students and schools have access to awareness, support, and community.

Through student-led chapters, workshops, and campaigns, we mobilize students and schools to reduce stigma, share resources, and connect peers to help.

Through our partnership with ANAD's School Ambassador Program, chapters get professional resources and opportunities for recognition.

Learn more and find free resources at projectedsa.wixsite.com/home.

-Diya Mankotia

Diya Mankotia, Founder & Executive Director



What is Body Dysmorphic Disorder?

Body Dysmorphic Disorder (BDD) is more than just being self-conscious; it's a real mental health condition where someone becomes obsessed with perceived imperfections in their appearance—even when these “flaws” are invisible to everyone else. (StatPearls/NCBI Bookshelf, 2024).

How Common?

- About 1 in 50 people are affected, meaning BDD touches 1.7% to 2.9% of the population. (International OCD Foundation, 2024).

What Does It Feel Like?

- A person with BDD might spend hours daily fixating on “problem areas,” repeatedly checking their reflection or scrolling through selfies, often feeling overwhelmed by negative thoughts. (Mayo Clinic, 2022).



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Social Media's Role in Body Dysmorphia

A big part of what makes many teens—and even adults—believe their body looks “wrong” is the influence of social media. Countless posts and accounts promote dangerously small meal portions, excessive exercise routines, and even surgery as the pathway to the “perfect body” (ANAD, 2025).

Social media platforms often set unrealistic expectations for teenagers who simply wanted outfit inspiration or makeup tutorials, but instead end up comparing themselves and feeling pressured to look dramatically different (Mayo Clinic, 2022; ANAD, 2025).



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Ways To Rebuild Self-Confidence

☀️ Flip the Script

- When negative thoughts show up—like “I’ll never look like that celebrity”—speak back with positivity:
→ “I am beautiful and unique in my own way.”
- Focus on what your body can do and what makes you, YOU!

⚡ Take Charge of Simple Habits

- Prioritize sleep, healthy meals, and moving your body.
- Change isn’t always about looks—it’s about how you feel inside.
- Small wins (like a good night’s sleep or a dance break) help rebuild real confidence.

💬 Practice Kind Self-Talk

- Be your own hype person.
- Celebrate your strengths, talents, and moments that make you proud—even the little ones!



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Additional Resources

If you or someone you know is struggling with BDD or similar issues, help is always available.

The BDD Foundation

[www.bddfoundation.org]

(<http://www.bddfoundation.org>)

Find expert advice, educational tools, and inspiration.

Suicide & Crisis Hotline

Call or text 988 any time—professionals are ready to listen and help, 24/7.

School Support

Trusted adult at school? Reach out—whether it's a counselor, teacher, or coach, they care and will support you.

You're never alone, and you don't have to feel trapped. Reaching out is a sign of strength. Help is here.



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References

- StatPearls/NCBI Bookshelf. (2024). Body Dysmorphic Disorder – Clinical Overview and DSM–5 Criteria.
- International OCD Foundation. (2024). Prevalence of Body Dysmorphic Disorder.
- Mayo Clinic. (2022). Body Dysmorphic Disorder—Symptoms and Causes.
- National Association of Anorexia Nervosa and Associated Disorders (ANAD). (2025).



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Thank you!

We hope this resource gave you tools, ideas, and inspiration you can use right away.

If it helped you, share it with your school, friends, or community. When more people have access to real, supportive information, we all become stronger and more connected.

For more resources, visit Project EDSA's Resource Library to explore free, evidence-based guides, toolkits, and activities created to support mental health, body image, and prevention.

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