



# Teen Body Image and Perceived Age of Netflix Actress

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## INTRODUCTION

- The media plays a large role in how adolescents view themselves
- Streaming services, such as Netflix, have been known to cast older actors in teenage roles, there are many reasons for this such as child labor laws
- Little is known about how the perceived age of a Netflix actor in teenage roles affects female adolescents' body image.
- The purpose of this study was to understand the connection between teen body image and the perceived age of a Netflix actor in a teen role

## METHODS

### Participants

- A sample of adolescent girls age 14 – 21 years who have seen at least one of the following Netflix original movies, *To All the Boys I've Loved Before*, *Tall Girl*, and *Kissing Booth*, were surveyed to understand the connection between teen body image and the perceived age of a Netflix actor

### Survey

- Participants were first asked to evaluate the age of each actress
- Adolescents were then asked to take the ideal body stereotype scale and the perceived sociocultural pressure scale

### Analysis

- Survey data using correlation between average body image scales and perceived

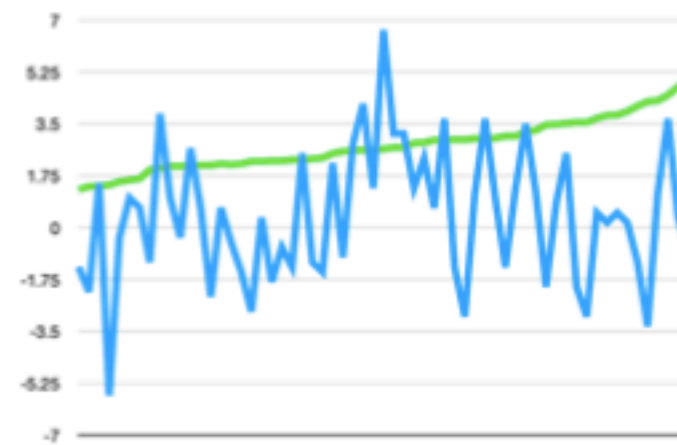


## RESULTS

### Demographics

- 61 adolescents completed the survey
- Participants identified as female, were between the ages of 14 – 21 years, and from the Midwest

### Correlation between Teen Body Image and Perceived Age



- There was no correlation between teen body image and the perceived age of a Netflix actor
- On a scale of 5 the average of all girls body image scales was 2.77

Lana Condor (age 20 during the filming of *To all the Boys I've loved Before*) was starring as a 16 year old girl



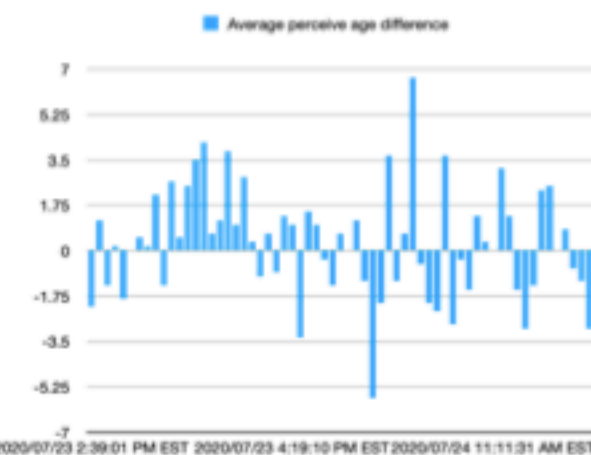
Meganne Young on the left (age 27 during the filming of *The kissing booth*) was starring as a 17 year old girl

## RESULTS

### Reported Pressure from Media

- Averaging all the participants scores, they rated pressure from the media as 4.1 on a five-point scale

### Perceived Age of Netflix Actor Scores



- The graph reads:
- The closer to zero the closer the guess was the actress' actual age
- The higher the number the lower the age guessed by the participant
- The negative score represents a guess that was higher than the actual age of the actress
- There was no correlation between the perceived age differences of the actresses

### Average Perceived age of Netflix Actresses

Lana Candor	19.32	20
Anna Cathcart	14.21	14
Ava Michelle	18.73	17
Sabrina Carpenter	20.42	20
Joey King	19.95	18
Meganne Young	21.6	27

## CONCLUSION

- There was not a correlation between teen body image and the perceived age of a Netflix actor, however, participants still reported feeling pressure from the media
- The body positivity movement is a current movement happening in the modeling community to ensure that women feel represented to positively influence adolescent girls' body esteem
- This movement may be happening in the media as well and may be leading to more representation in the media for teenage girls
- Future research is needed to understand if there is a connection between body image and perceived age in a younger adolescent population

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