Appearance-Related Social Pressure

Peer Pressure
- Peer Teasing (intended kinds of verbal and non-verbal provocations)
- Exclusion (feeling of being ignored and excluded from social events because of one's appearance)
- School & Class Norms (pressure by appearance norms and the emphasis on appearance in school and class)
- Modeling by Friends (pressure by appearance standards and efforts of friends)

Parental Pressure
- Parental Teasing (intended kinds of verbal and non-verbal provocations)
- Injustice & Ignorance (feeling of only being accepted when looking good)
- Parental Encouragement (intended but not obviously negative comments to control weight/shape)
- Parental Norms & Modeling (pressure by parental standards and efforts regarding appearance)