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Grogan and Wainwright (1996) argue that girls as young as 8 recognise and internalise dominant cultural pressures to be thin. Their article is part of a wider psychological study of young women’s body image and body (dis)satisfaction based on group interviews with white working and middle-class girls aged 8 and 13 from the UK. Some of the questions asked in these group interviews specifically concerned models in magazines and media role models (Grogan & Wainwright 1996, p. 668) and the girls raised issues of weight and body shape, exercise (and body building in particular) and food as particularly worrying and discussed their dissatisfaction with their own bodies. For Grogan and Wainwright, this is evidence that “girls of these ages have already internalised adult’s ideals of slimness” (1996, p. 668) and, further, that “women from primary-school age onwards are sensitive to cultural pressures to conform to a limited range of acceptable body shapes” (1996, p. 672). In identifying girl and teen magazines in particular, and drawing on feminist research in this area, Sarah Grogan and Nicola Wainwright argue that images in such magazines:

Have powerful effects on their readers, serving to foster and maintain a “cult of femininity”, supplying definitions of what it means to be a woman. It is a matter of concern that the images presented in teen magazines present such a restricted range of models for young women. If women’s body image can be bolstered by alternative sources of information, they may be more resilient against influences such as teen magazines, because young women who grow up with a positive body image are less likely to be affected by cultural messages. (1996, p. 672, references omitted)

In-text citation - Summary:

In this sentence, the author has provided a summary of the article she has read.

Grogan and Wainwright (1996) argue that girls as young as 8 recognize and internalize dominant cultural presences to be thin.

In-text citation – Paraphrase:

In this sentence, the author is paraphrasing/rewriting a specific passage from the original article.

Some of these questions asked in these group interviews specifically concerned models in magazines and media role models (Grogan and Wainwright 1996, p. 668).
In-text citation – short direct quote:

In this sentence, the author has directly quoted from the original text.

For Grogan and Wainwright, this is evidence that “girls of these ages have already internalized adult’s ideas of slimness” (1996, p.668) and, further that “women from primary-school age onwards are sensitive to cultural pressures to conform to a limited range of acceptable body shapes” (1996, p.672).

In-text citation – long direct quote:

In this passage, the author offsets the quote from the rest of the text since it is longer than four lines.

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