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**CSU-Long Beach**

**Body Talk in Mother-Daughter Relationships: Mothers as Villain, Victim, or Hero**

Mother's communication about their bodies influences their daughters' cognitive and behavioral outcomes. For instance, negative body talk by their mother shapes daughters' likelihood to view their own body negatively and engage in weight loss behaviors. Like their daughters, mothers are exposed to sources that influence their views on their bodies, such as media portrayals, conversations with friends, as well as communication from their own mothers. Can the cycle of negative body talk be broken? Who is to blame for its perpetuation? Who can be the cure? Although there has been a shift in body positive imagery and themes in the media, the media is difficult to tame; instead, the onus for addressing women's views of their bodies often falls at home – and specifically with mothers. This approach can either cast mothers as villain, victim, or hero. This presentation will explore those three themes as it relates to mothers' body talk, looking at ways to shift the narrative and empower women, specifically mothers, to be harbingers of positive change. Stacy L. Young is a professor in the Department of Communication Studies at California State University, Long Beach. Her work explores the link between communication, cognition, and emotion. She has investigated this tripartite connection in interpersonal and in family relationships, including between mothers and daughters.

Chelsea Jones is a lecturer in the Department of Communication Studies at California State University, Long Beach. Her research focuses on the psychological and behavioral consequences of body talk. She is particularly passionate about the influence of mother's body talk on daughters' cognitive and behavioral outcomes.