lethal steroids to develop the musculature promoted as ideal (Pope, Phillips, & Olivardia, 2002). One eating disorder, binge eating, seems to be increasing among men. Male model Ron Saxen (2007) details his battle with binge eating in his book, The Good Eater. One group of men is particularly likely to be concerned about appearance and to develop eating disorders: gay men. Physical appearance is linked more closely to self-worth for gay men than for straight men (Beren et al., 1996; Siever, 1988).

In summary, sex-related differences in nonverbal behavior reflect culturally constructed views of masculinity and femininity. In general, women are more sensitive to nonverbal communication; display more overt interest, attention, and affiliation; constrict themselves physically; are given and use less

**Exploring Gendered Lives | Race and Views of Physical Beauty**

What's thin? What's fat? Is weight attractive on women? It turns out that the answers often depend on the race of the person answering. There is growing evidence that black and white girls and women view their bodies in different ways and that they have different ideals of feminine beauty.

At early ages, white girls learn that being slender or even thin is considered desirable. When asked to describe a perfectly shaped female, young white women respond that she would be 5 feet 7 inches tall and weigh 100 to 110 pounds. Young black women's descriptions of physical ideals include full hips and thick thighs. Young black women also emphasize that beauty is about more than weight and appearance: it's having the "right attitude." These differences in feminine ideals shed insight on the reasons why anorexia and bulimia are less common among black girls and women, especially those who are strongly identified with African American culture (Bocella, 2001; Molloy & Herzberger, 1998; Vobejda & Perlstein, 1998).

Thinness is not the only aspect of physical attractiveness that is race related. For years, European American features have been represented as the only standard of female beauty (Edrut, 2000; hooks, 1995; Shandler, 1999). Tyra Banks, Naomi Campbell, and other women of color who are successful models have skin color, hair, and features that are more like those of European Americans than like members of their own ethnic groups.

But change may be coming. In 1997, 20-year-old Alek Wek emerged as one of the hottest international fashion models. She stole the scene in Paris, New York, and Milan. Born in Sudan, Wek is 5'11", has dark ebony skin, full lips, a broad nose, and wears her hair closely cropped (Samuels, 1997, p. 68). She represents a traditional African ideal of female beauty.

Joining Alek Wek are a number of black models who have curves. Celebrity Models challenges Caucasian standards of beauty by representing shapely black women models such as Buffie the Body, Esther Baxter, and Ki Toy, who appear in magazines and hip-hop music videos (Powell, 2007). See http://www.pale-reflections.com.