

"BODY POSITIVITY"

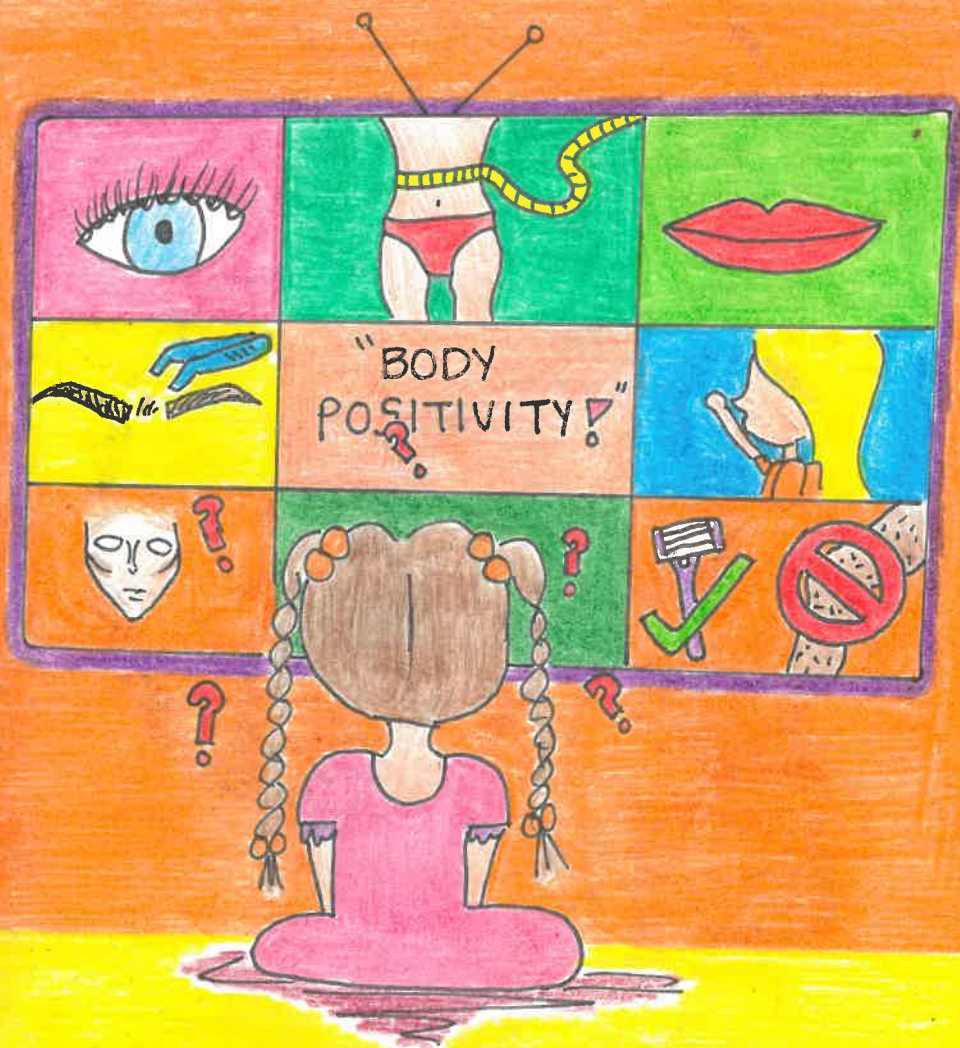
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GROWING UP,
IT WAS NEVER
A THOUGHT...



But as I got older, all my focus shifted to
what I looked like.



The idea of "Body Positivity" was supposed to
Combat my negative feelings...

BUT

Why did no one look like me?

Who was going to represent ME?

With no representation,
questions and judgements arise.

WHO AM
I?

ARE MY ARMS TOO
HAIRY?

AM I NOT GOOD ENOUGH?

IS MY NOSE TOO
BIG?

SHOULD MY EYES
BE BIGGER?

SHOULD I
CHANGE?

SMALL EYES

SHORT

BIG NOSE

HAIRY ARMS

HAIRY

MUSTACHE

ROUND FACE



BEAUTY BEYOND BOUNDS:- EMBRACING DIVERSITY

"Beauty lies in the eyes of a beholder" this quote by Margaret Wolfe Hungerford highlights that how someone perceives others depend on their perceptions of the world. If you are beautiful, kind on the inside the world will come across as beautiful too but is this really true? I often

Why do I look the way I do?



question this idea myself as there are so many ways people can be told they are beautiful because they don't meet the societal definition of beautiful. The clouded lens that sees the world using society's norms confine us to the same narrow standards. Growing up I also felt the weight fit in the society in some way it was around a sense of insecurity which still remains in me one way another. However by taking this course I realised flaws are what

makes us humans and my clouded lens
has started to become more clear.

Today when I gaze into the mirror

I don't see my insecurities like many in
the world but I see a strong man
who is building a life for himself. I
want to embrace my uniqueness and
discover self-love knows no bounds.

However, in the mainstream media when
they talk about body positivity often prioritize
images of thin, white individuals as it is
considered to be ideal or the prototype
and one who doesn't look the same
way is frowned upon like an outlier.
According to Hobbs, even a renowned movie
production company like Disney portrays women
to be barbie dolls with perfect bodies
with form fitting (Hobbs and Rice, 2018). The
children who make these fictional
characters their ideals often want to
dress up like them and they are not
able to be like them it can lead up
to insecurities. "beauty lies in the eyes of
the beholder" reinforces the central messages
of body positivity by promoting acceptance,
inclusivity and self-love. It encourages
individuals to embrace their bodies
and reject unrealistic standards imposed
by the society.

DO I NEED TO CHANGE MYSELF?



The lack of representation of women of color and different body shapes perpetuates harmful stereotypes and can create a sense of exclusion. In order to work this issue it is important to comprehend the importance of Intersectionality, a concept and an approach that helps to understand the

lived experiences of people who
experience oppression based on gender,
race and beliefs (Hobbs and Rice, 2018)

The multi-layered identities are
often prone to more discrimination
however if the media promotes
inclusivity and diversity I believe
in the long run we will be
able to mitigate the problem of
shaming people based on their
looks.

BULLYING IN SCHOOL

As a child we all faced bullying in some way or another. Me personally it was always because of how skinny I was. I could always hear the taunts of my fellow classmates. However, kids who were on the chubby side also got bullied. It felt like there was a specific way you had to look.

I am strong
I am confident
I am enough
I am perfect



I am beautiful
I am radiant
I love myself
I honor my body

As high school rolled around, you started to care about your appearance more and more. There was a specific standard that everyone was trying to reach. It became more about how you looked rather than what type of person you were on the inside.

I wish I was skinny

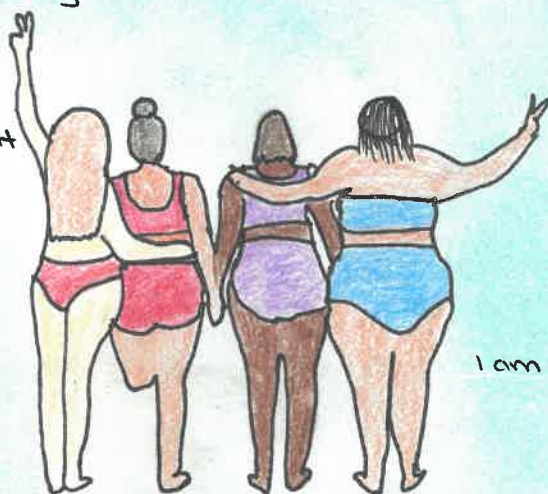
I hate my big butt

I am short

I am fat

I wish I looked like her

I wish I looked like her



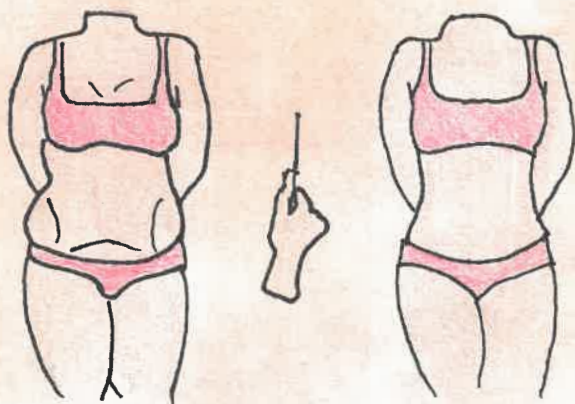


THE MEDIA'S PORTRAYAL

The Media portrayal of the perfect body is often found disturbing. Social media shows a unrealistic way of how your body should look. Wherever we look we see countless images of flawless bodies, whether it be pictures of models/actors or social media influencers. We should be reminded of how there is not just one perfect body type.

THE RESULTS CAUSED BY THE MEDIA

With everything we see in the media, the rise of cosmetic procedures has increased. When we see actors, models, and influencers get cosmetic procedures done for something we don't like of our own we tend to think how a cosmetic procedure can change that. So many individuals have the desire to look like our society's version of "the ideal body". Nowadays liposuction, rhinoplasty's, lip fillers are just some of the process's individuals opt for. Even with all these beauty processes it still doesn't teach society about acceptance.



THE EFFECTS OF EUROCENTRIC BEAUTY STANDARDS ON POC'S



Race has always been a controversial topic within society. As discrimination has always been present within society, these problematic ideas are also displayed within the media through various social media platforms such as Tiktok, Instagram, and Youtube. Within these platforms, there is a large presence of unrealistic beauty standards, especially for women of colour. For example, there are numerous trends about having Eurocentric features like a small, button-like nose or blue or green-eyed trends. These trends are very narrowly targeted toward a certain demographic of individuals. In general, there is also a lack of representation of women of colour in media. Therefore, it is challenging for any person to celebrate their differences. Inevitably, this will result in many people recognizing what features are celebrated within society and which ones aren't. Therefore, this leads to issues such as body dysmorphia and feelings of insecurity. Unfortunately, this has resulted in many individuals turning to resources to permanently alter their appearance through invasive procedures such as plastic surgery or artificial enhancements. Many would undergo procedures such as rhinoplasties, lip filler, botox, double eyelid surgery, and breast augmentation. Through ease of access and the normalization of plastic surgery, more and more individuals are feeling the pressures of unrealistic beauty standards that are rooted in Eurocentrism. This further leads to women wanting to remove any features that do not abide by these norms.

THE TOXICITY OF BODY POSITIVITY

Body
Positivity



Body
Neutrality



I LOVE HOW MY BODY
LET'S ME DANCE AND
MOVE IN SO MANY
WAYS!



Body positivity was created as a movement to encourage women and men to feel comfortable in their bodies. Further encouraging women and men to be empowered in their bodies and resist the unattainable beauty standards imposed by society. However, analyzing this through a critical lens, we can see that this movement may not be the most beneficial outlook on how we perceive our bodies and their purposes. This movement does not challenge the narrative that we as individuals are more than what meets the eye. It neglects to value how our bodies are just a vessel and attributes such as kindness, intelligence, creativity, and integrity are crucial aspects to our existence rather than a number on a scale or the circumference of one's

waist. Not to mention, the ideology of body positivity enforces unattainable expectations of how a person's supposed to feel about themselves enabling individuals to feel like they are failing because they can't do body positivity "right," which is pretty counterintuitive to the movement. Therefore, it is of the utmost importance that we encourage body neutrality which allows individuals to perceive themselves through a neutral lens emotionally and physically further removing expectations or commentary about one's body. We should be looking at our bodies in ways in which allows us to move and be active and function rather than what it appears as.

HOW CAN WE IMPROVE?

BODY
NEUTRALITY

Hold people with
large platforms
accountable

Be critical
of the
media we
consume

More
representation
in media

Take social media breaks

Inclusivity

