



Body Shaming

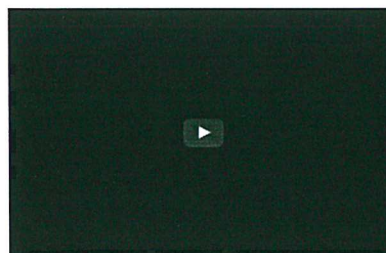


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Summer weather comes with many different characteristics, the weather is nicer, it's warmer, they're more people outside and they're more outside activities. With the increase of temperature and more people venturing outside to enjoy the weather, we run into an issue. Other's perception of what we are supposed to wear, lack thereof clothing so to speak. With rising temperatures, most people are trying to beat the heat by wearing shorts, tank-tops and dresses. The hotter the weather, the lightest or lease amount of clothing we try to wear. With the lack of clothing, individuals find it easier to point out others who they think should cover up instead of faulting what they got.

Here the issue we run into, it's called body shaming. But what exactly is body shaming? The definition of body shaming is the practice of making critical, potentially humiliating comments about a person's body size or weight. To say that body shaming only happens in the summer time would be a gross understatement. We like to use the defense that since people is wearing less it's easier to point out others flaws. This is not a justified explanation for making someone feel badly about themselves. It's bad enough that we have the media coverage of such "perfect bodies", we use this as an example of what a "beautiful person" is supposed to look like. Photoshop is an innovative way to confuse everyone. The models on the front cover of Cosmopolitan this month don't really look like that. It's an unrealistic standard we hold not only ourselves but others to.



Expecting others to fit an unrealistic mold is not only detrimental to that person but harmful. 91% of women reported they are unhappy with their bodies and resort to dieting, 80% of women reported that the images of other women in the media makes them feel insecure and above all 42% of girls in 1st through 3rd grade report they would like to be thinner. Body shaming is a huge issue but it just doesn't affect women, it also affects men. Men are more reluctant to discuss their body image issues due to societal views. The problem is more common than you think despite public perception; body image issues and eating disorders are not exclusively female problems. The oft-cited figure is that about 1 in 10 eating disorders occur in males, but according to Raymond Lemberg, an Arizona clinical psychologist and expert in the area, newer research suggests that the real ratio is probably closer to 1 in 4. It wasn't until Harrison Pope, a professor

of psychiatry at Harvard Medical School, published his seminal work around muscle dysphoria, an obsession with bulking up also known as "reverse anorexia," in the late 1990s that researchers in the field began to pay attention to boys. Low self-esteem from having body image issues can lead to eating disorders such as anorexia nervosa, binge eating, bulimia nervosa, and restrictive food intake disorder.



Society has us so convinced that we need to look a certain way to wear certain clothing to be perceived as beautiful when we just need to realize that we are already beautiful. Constantly obsessing over having that "perfect body" or "summer body" when the only reason we think there's something wrong with the way we look is because we believe the media and the photo shopped pictures and we idolize the mannequin bodies at the department store sporting that bathing suit you think you will never be able to pull off. Yet this issue faces all of us, male, female, transgender, everyone but instead of trying to stop it we perpetuate the issue by body shaming those around us. Instead of tearing everyone else down, we should be building each other up. Since birth we are defined by numbers, inches, feet, pounds, and percentages, most importantly we are our hardest critics. We don't need other people driving home the negative ideas what we already believe.

So since most of us are guilty of pointing out flaws how are we going to fix this issue? The next time you run into a stranger, instead of critiquing their outfit or body shape give them a compliment. If we spend more time complimenting each other the world would be a much happier place. Instead of wasting energy with negative comments about ourselves or others change the message. We should be actively shutting down body shamers. No-one has the right to make you feel inferior. So the next time you see someone pointing at someone and calling them names, taking pictures of them as a joke; say something. We need to shut down all this negatively. We only have one body, why spend so much time obsessing to look or be someone else. We are all unique in our own way and that's what makes each and every one of us special and beautiful.



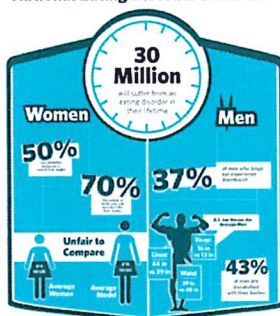
Positive Body Image

- A clear, true perception of your shape.
- You celebrate and appreciate your natural body shape and you understand that a person's physical appearance says very little about their character and value as a person.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories.

If we take all the effort we use to make someone feel bad and use it to make someone feel good, imagine what the world would be like.

Love Your Body

National Eating Disorder Statistics



Facts from www.nationaleatingdisorders.org and www.abcnews.com

WHAT  INSTEAD OF BODY-SHAMING A STRANGER, WE GAVE THEM A COMPLIMENT? COULD WE CHANGE THE WORLD? CHRISTINETREMOULET.COM

Resources:

<https://www.consumerhealthdigest.com/mens-health/body-shaming-on-men.html>

<http://www.statisticbrain.com/body-image-statistics/>

<https://www.nationaleatingdisorders.org/types-symptoms-eating-disorders>

http://www.huffingtonpost.com/2014/09/17/body-image-boys_n_5637975.html

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