

The Complicated World of Body Positivity

Autumn Halazon



*“In a larger context, body positivity is **a social movement that advocates for the acceptance of all bodies, regardless of size, shape, skin tone, gender or physical abilities,** this movement challenges unrealistic beauty standards and ideals.”*

-Dr Albers

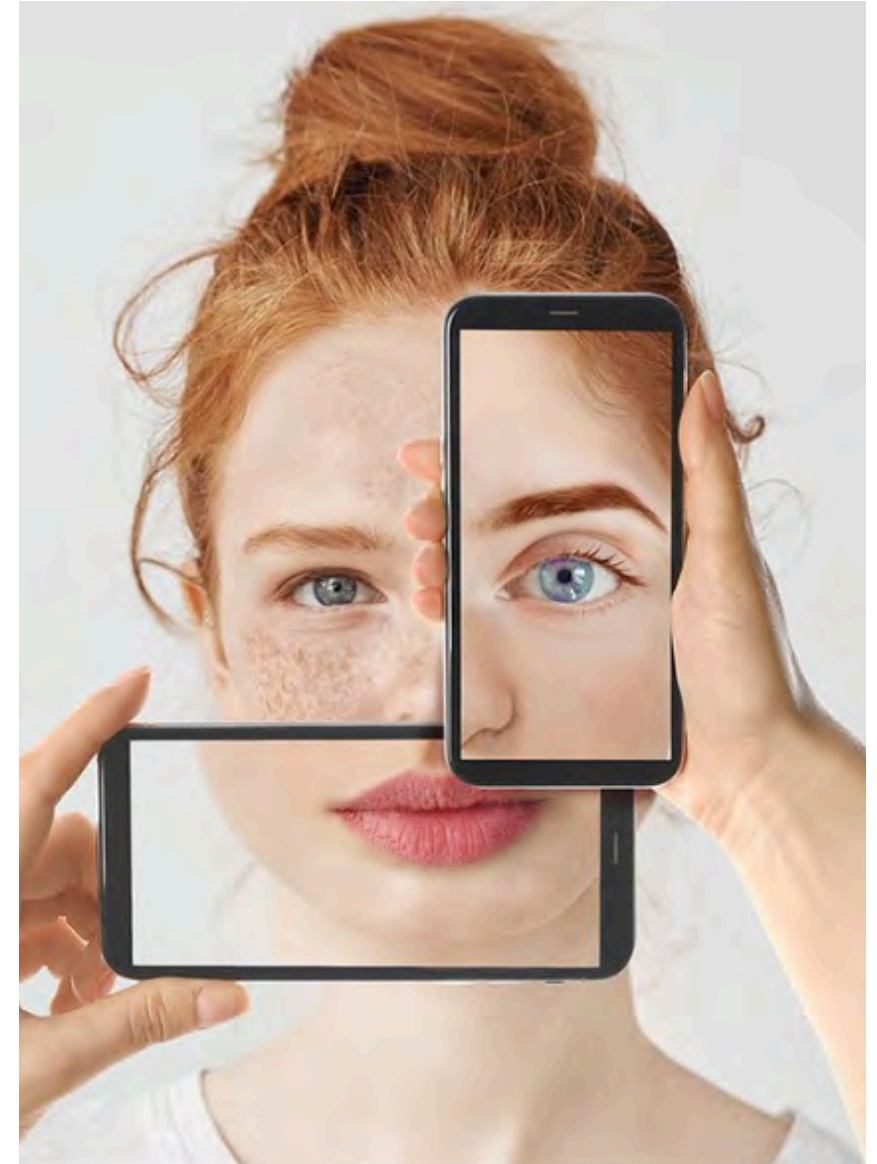
2021 Parent's Together Study Found

87% of social media users use filters

20% use a filter on every post or story

People recognize the use of filters
65% of the time

There are currently filters that alter
facial and body features





According to AAFPRS in 2021

230,000 cosmetic surgeries and 140,000 non-invasive cosmetic surgeries were performed on teens aged 13-19

79% of facial cosmetic surgeries were for those who wanted to look better on screen compared to 72% in 2019 and 57% in 2018

There was a 74% rise in non-invasive procedures in patients under 30

48% of social media users contemplate plastic surgery

FITNESS INFLUENCERS



**Cosmetic
Procedures**

STEROIDS

GENETICS

**SUPPLE
MENTS**

DIET

**Exercise
Routine**

The background of the slide features a warm orange-to-red gradient. Overlaid on this are several silhouettes of runners in various stages of a marathon. In the foreground, a runner is shown from behind, crossing a finish line ribbon with arms raised in triumph. Behind them, a line of other runners is visible, some in motion and others more faded. The entire scene is framed by a large, rounded, teardrop-shaped border with a white outline.

1.

Body Positivity is a Marathon...

not a Sprint



SUCCESS

is a verb not a noun



2.

The Body Positivity Journey *is not a straight line*



Shame cannot survive being spoken.
It cannot tolerate having words wrapped around it.
What it craves is secrecy, silence, and judgement.
If you stay quiet, you stay in a lot of self-judgment.

Brené Brown

COURAGE



FEAR





IN THESE MOMENTS:

- How do we know?
- What actions do we take once we notice?
- How do we know who to talk to?
- How do you phrase what to say to prepare the person?



CHEERLEADER

I BELIEVE IN YOU.
You Got This!
Uplifting Messages.
They cheer you on and tell you all your strengths.



CRITIC

They point out errors honestly.
Evaluate what is going on and are unbiased.
They tell you the truth kindly.



COACH

Helps to solve the problems.
Navigate ways to tackle the problem. Identifies strengths and capabilities the person doesn't know they have. Can help create specific instructions.
It's a two-way dialogue

3.

Practice Gratitude

For What Your Body Does For You.





“There’s a gratitude circuit in your brain, badly in need of a workout. Strengthening that circuit brings the power to elevate your physical and mental health, boost happiness, improve sleep, and help you feel more connected to other people.”

– The Upward Spiral, Alex Kolb, PhD.



ScienceDirect states that body gratitude writing led to a lower internalized weight bias and better body image. Gender and BMI did not moderate these effects.

DAILY GRATITUDE PRACTICE:

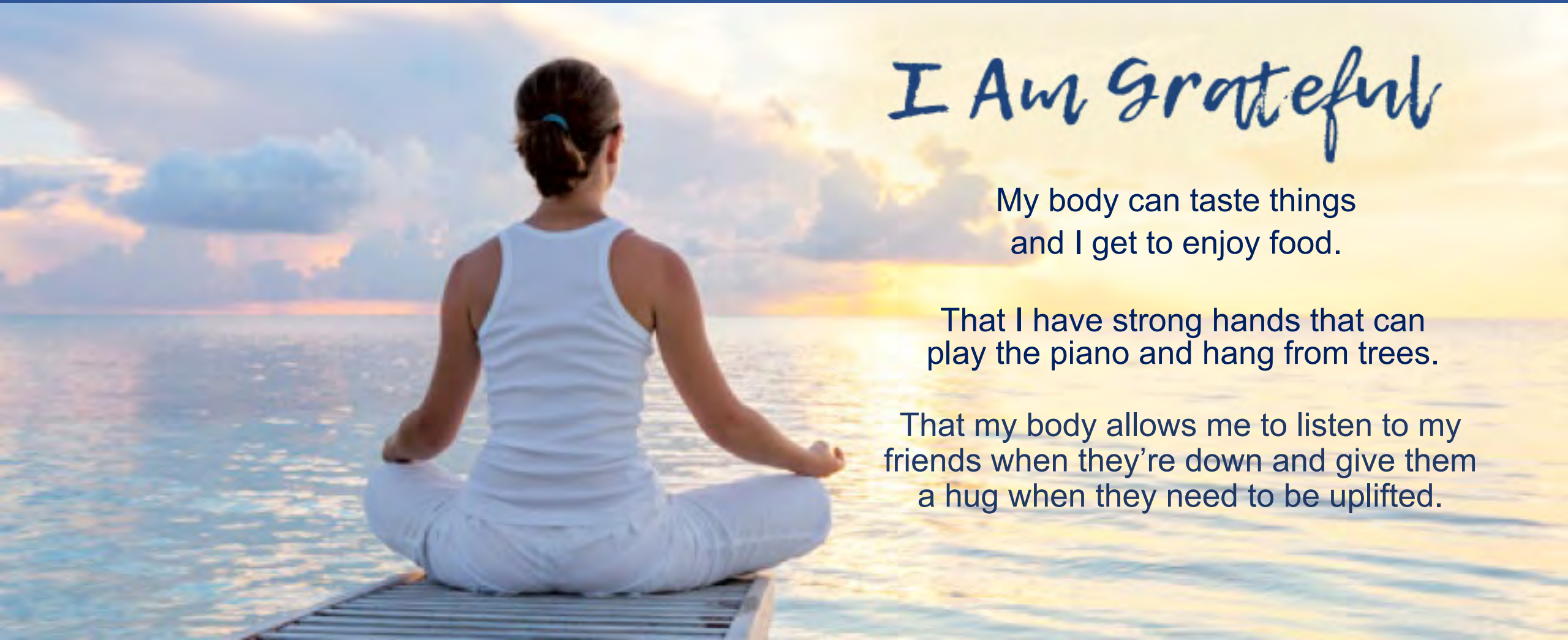
Write down 3 things every day that you are grateful for. Specifically dealing with the body.

I Am Grateful


My body can taste things
and I get to enjoy food.

That I have strong hands that can
play the piano and hang from trees.

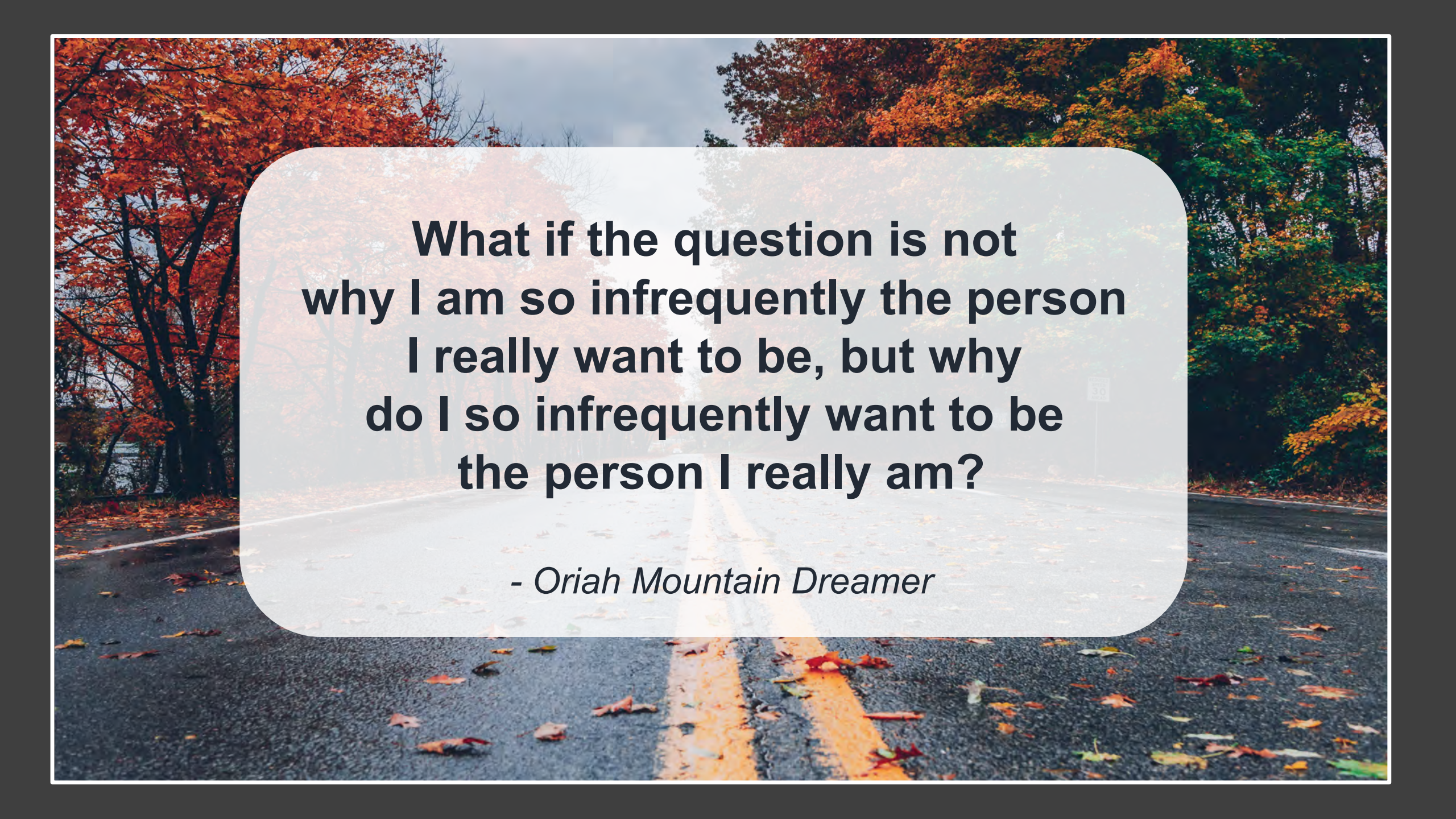
That my body allows me to listen to my
friends when they're down and give them
a hug when they need to be uplifted.



4.



Understand that
WHO YOU ARE
is very
DIFFERENT than
WHAT YOU DO or the
WAY YOU LOOK



**What if the question is not
why I am so infrequently the person
I really want to be, but why
do I so infrequently want to be
the person I really am?**

- Oriah Mountain Dreamer

What traits do you possess that you are proud of?

- Empathetic
- Good friend
- Person of integrity
- Open to adventure

What brings you joy?

- Travel
- Baking
- Time with friends
- Going to the movies

My rules for navigating social media:

(Establish your own that work for you.)

- **No filters or touch ups**
- **Unfollow or mute anyone who makes me feel less than**
- **Recognize why I'm showing up**
- **Think of the people that I love the most and why**
- **Utilize my accountability people**
- **IG camera vs. phone camera**

