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# The Beauty Myth

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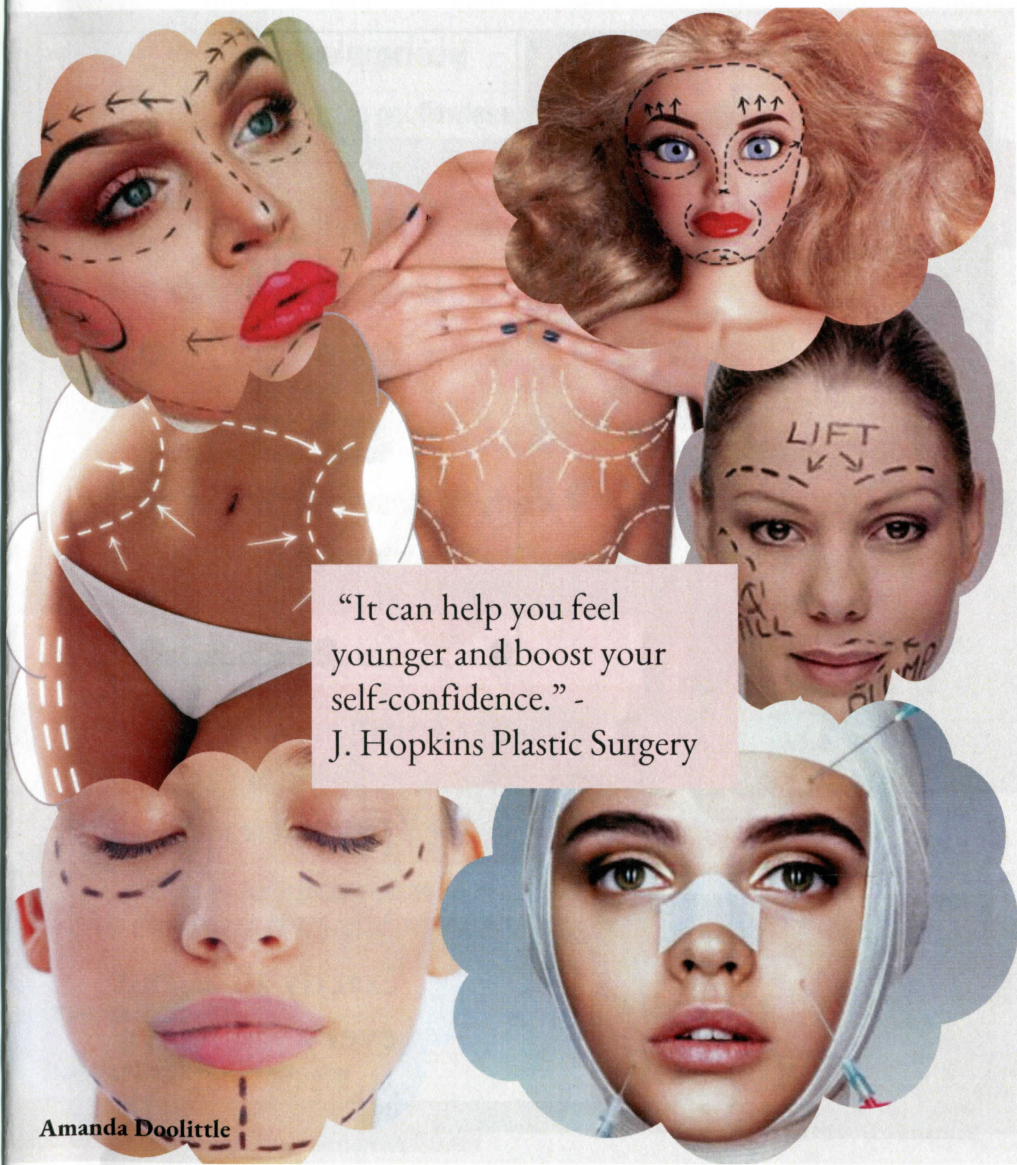
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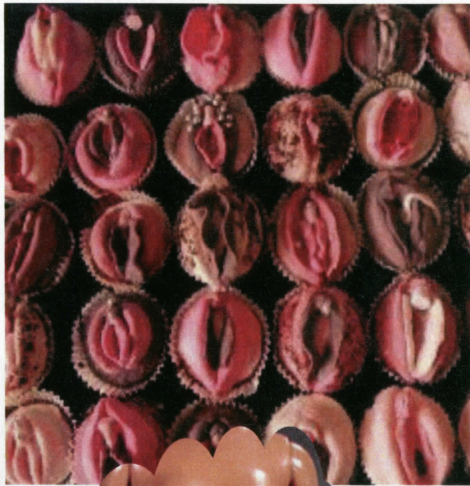
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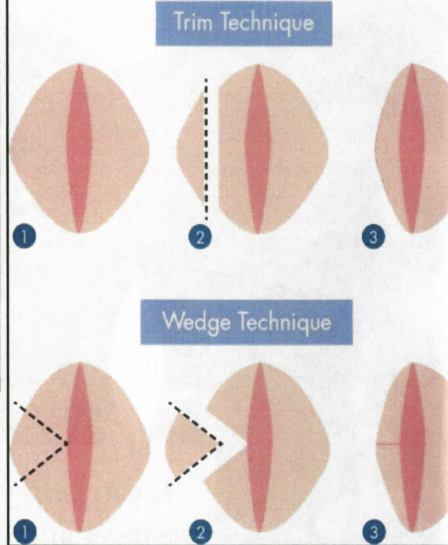
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“It can help you feel younger and boost your self-confidence.” -  
J. Hopkins Plastic Surgery



### Labiaplasty Techniques



“You don’t actually want that vagina do you? Trim trim. - Jessica Valenti

@your boyfriend:  
porn is not a realistic  
depiction of vaginas

Amanda Doolittle

No two vaginas are  
exactly alike, but  
**every** vagina is a  
good vagina.

how to get flaw|

how to get flawless skin

best skin care products |

best makeup to cover blemishes|

how to get rid of acne|

how to lig|

how to lighten skin

how to look like |

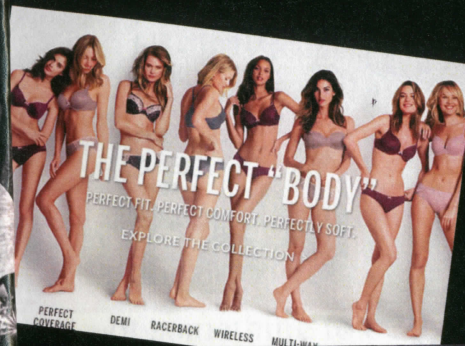
how to look like a model

Sierra Dean

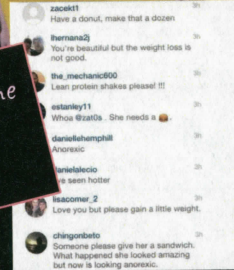


Sierra Dean

he bad...



ocial media feeds to the  
egativity of body  
shaming



Sources

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Valenti, Jessica. Full Frontal Feminism A Young Woman's Guide to Why Feminism Matters. Sec 2014.

THE "PERFECT" BODY IS  
NOT A REALISTIC BODY:  
**Your body**  
**is a**  
**battleground**



AND THE BEAUTIFUL...



YOUR WORTH IS not MEASURED by the SIZE OF your WAIST

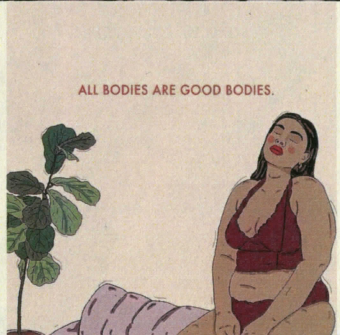


"Shoutout to all the girls trying to love themselves in a world that's constantly telling them not to" -Unknown



Being comfortable and confident in your own skin is not something to be ashamed of, it's something to celebrate.

EVERY BODY IS A BEAUTIFUL BODY.



Denny's @DennysDiner Here's a tip if you're trying to slim down for ~bikini season~: you look great already.



"VALUE YOURSELF FOR WHAT THE MEDIA DOESN'T - YOUR INTELLIGENCE, YOUR STREET SMARTS, YOUR ABILITY TO PLAY A KICK-ASS GAME OF POOL, WHATEVER. SO LONG AS IT'S NOT JUST VALUING YOURSELF FOR YOUR ABILITY TO LOOK HOT IN A BIKINI AND BE AVAILABLE TO MEN, IT'S AN IMPROVEMENT." -JESSICA VALENTI

Walk around like you own the damn place, because you do



Do not let society dictate how you should look, feel, or act. Be your own muse.

https://www.pinterest.com/pin/AXRc2F wSWBoR2N36vovbfvh-kFHiiYQzDrNNUO5c86iqdtGFuvFJM/ https://www.pinterest.com/pin/115052965454886151/

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# The good...

Dove's Perfect Body Campaign shows women that there is no perfect body standard. You are beautiful no matter what society says.

The Perfect Real Body



ALL BODIES ARE GOOD BODIES



DON'T LET SOCIETY LABEL YOU!



<https://www.pinterest.com/pin/243337322499457/>

<https://www.independent.co.uk/life-style/fashion/beach-body-ready-plus-size-campaign-100-protein-world-navani-a0334516.html>

<https://www.pinterest.com/pin/245945018257070127/>

<https://twitter.com/learnbodylove>



Taylor Orozco



BEAUTY

HAS

NO

SKIN TONE



Terra Dean

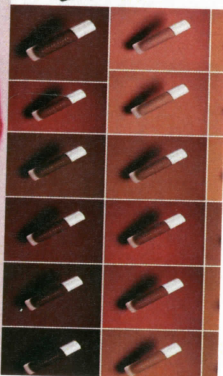


WHEN I WAKE UP, IN MY MAKEUP GUESS WHO'S CHOICE THAT IS?

MINE

GUESS WHO THAT HAS NOTHING TO DO WITH?

YOU!



There is a serious lack of diversity in the definition of beauty. Beauty is often defined as flawless, light skin...

Every skin tone is beautiful

Whether you wear makeup or not, do not let the media's unrealistic beauty standards define you

Spending out time, money, and energy on cosmetics and the beauty industry REINFORCES THE PATRIARCHY

Sierra Dean

"Many of us find [makeup] a necessity because very few women are immune to beauty standards"

- Jessica Valenti

If you feel confident wearing makeup, WEAR IT

"The beauty cult is a SHUT THE FUCK UP tool"

- Jessica Valenti

No shame to anyone that's undergone plastic surgery. Just make sure you're doing it for you. Not for a man, not for society, not for anyone but yourself. If it's made you happy then that's what matters

Average facelift cost: \$12,125

Average labiaplasty cost: \$4,025

Average breast augmentation cost: \$6,450



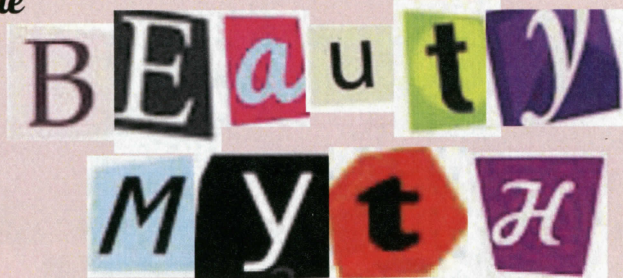
Plastic surgery is a "\$16 billion" per year industry

#### Sources:

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Google Images search for some images used

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*The*



Sierra Dean, Amanda Doolittle,  
Taylor Orozco

Beauty standards  
are used as political  
weapons to hinder  
women's  
advancement

“Consumerism is at  
the heart of beauty  
standards” - Jessica  
Valenti

“...you're taught that the  
majority of your worth is  
how aesthetically  
pleasing you are to  
boys...” - Jessica Valenti

“Ugly is powerful. Nothing  
has quite the same sting.” -  
Jessica Valenti