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GHS 207 Resistance & Rights: Global Women

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Bodied: Who Does Society Think You Should Be?

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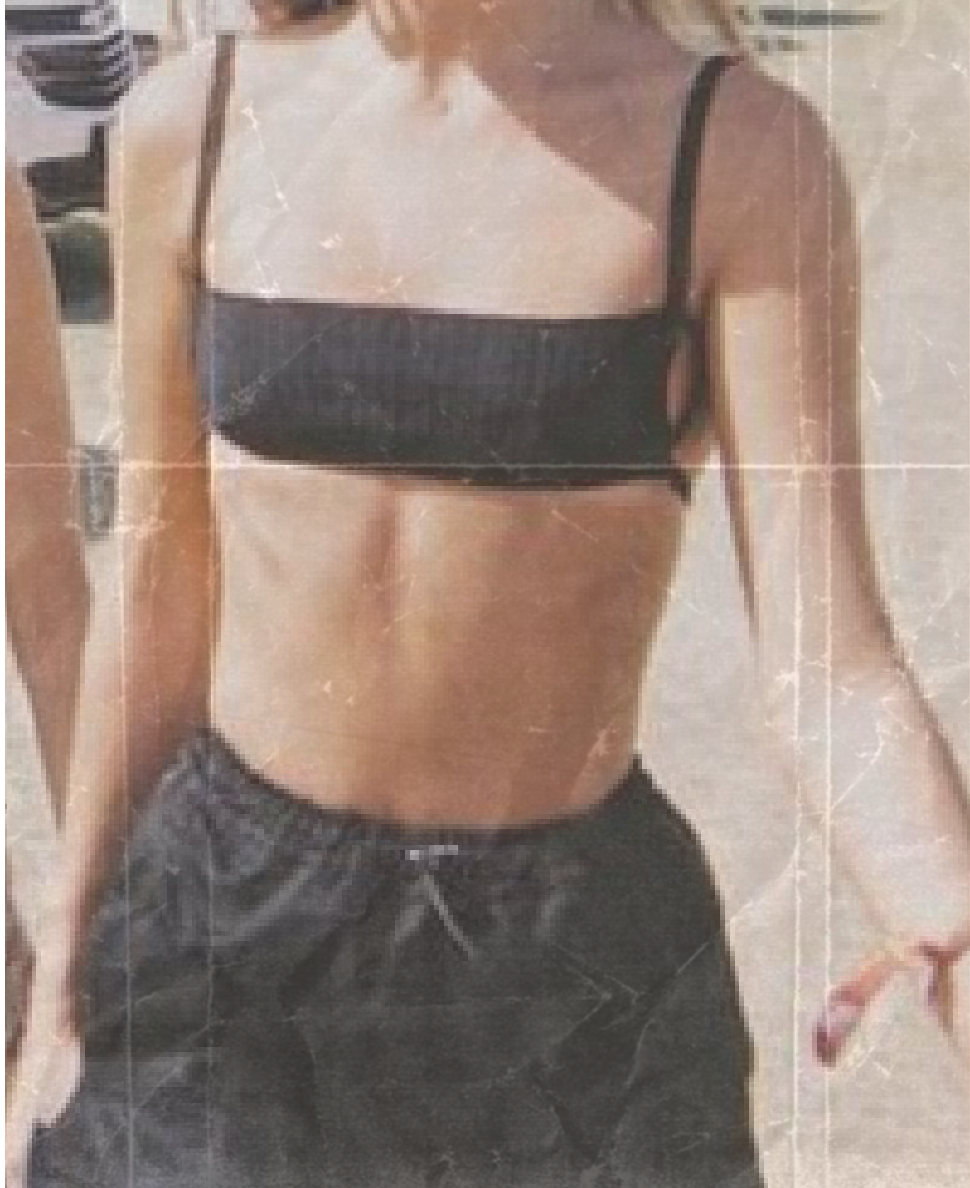
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WHO DOES SOCIETY THINK YOU SHOULD BE?



BODIED

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INTRODUCTION

It is no secret that society has constructed a high level of pressure surrounding the appearance of women's bodies. In light of such pressures we have chosen to create a zine focused on issues regarding body image and the different ways in which society impacts women's bodies. Our goal is to raise awareness of how society's standards affect women and also empower those who are a part of the project.

On the following pages you will find four sections highlighting a few main categories of which we have found there to be the significant presence of stigma and stereotypes: athletes, teenagers, mothers, and models. We hope that this content will challenge your thoughts on how society labels women and encourage you to examine how they instead would label themselves.

ATHLETES

How does the world see
muscular women?

Why is this not celebrated?



Picasa. Wikimedia Commons, Simone_Biles_debunks_every_gymnastics_myth_01.jpeg





Female athletes make up a vast majority of women with eating disorders. This is often due to the societal standard of beauty not matching the athletic build that these women work so hard for.

Viewing muscular women as "manly" or "bulky" diminishes their hard work as women and the accomplishments they have made. Women are strong and should not be shamed of their bodies.

TEENAGERS



Girl wrapped in tape measure by Kyla Ewert

Teenagers especially struggle with body image because they are working to understand themselves and the changes they are going through while simultaneously trying to fit into a mold that specifies them as "accepted" or "included."

Social media infiltrates younger and younger audiences as time goes on, thus teenagers are attempting to change their bodies at younger and younger ages. There is no disclaimer associated with media, so easily-influenced minds believe looking like a model in heavily photoshopped images is attainable and would make them worthy.



Girl sitting on the beach by NUUDII System

Society places an emphasis on the appearance of bodies and forces the concept of well-being into the background.

People view body image as the way one feels about their body rather than how healthy they are.

TEENAGERS

MOTHERS

Women's bodies are responsible for the creation of life and the fostering of new generations, one of the most beautiful functions of human bodies. They undergo extensive physical transformation during this time as a natural component of pregnancy, whether it be from changes in skin elasticity, the stretching of the uterus to accommodate for a growing baby, swollen feet,

or the appearance of stretch marks. These changes are often unavoidable as they are simply inevitable results of pregnancy and childbirth; however, they take a toll on mothers' views of their bodies as they compare their changed appearance to what they may have looked like pre-pregnancy or compared to what other mothers look like.



"There is nothing revolutionary whatsoever about the control of women's bodies by men. The woman's body is the terrain on which patriarchy is erected."
Adrienne Rich



Cropped Shot Of Woman's Postpartum Body With Stretch Marks by Jacob Lund Photography from NounProject.com

Research has found that pregnant women were more likely to be dissatisfied with their weight, muscle size, skin tone, fluid retention, energy levels, and overall functioning, than non-pregnant women. It has been noted that “influences on body image in the postpartum period are thought to be predominantly sociocultural” and that

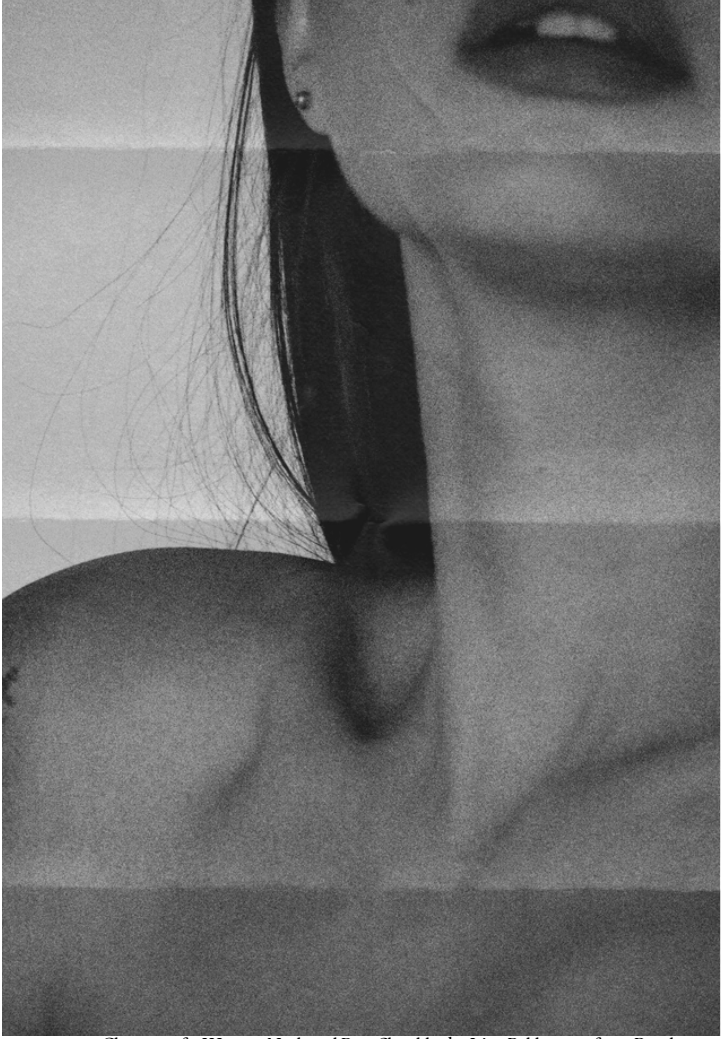
pressure from outside influences such as the media, one’s spouse, or peers “strengthen the internalization of the thin ideal.” These influences on mothers consequently have an impact on the home environment, potentially affecting the beliefs of any children’s own body image, perpetuating a cycle of discontentment and the perceived need for a change of appearance.

MODELS

How do the standards of models set forth by society influence our interpretation of what it means to be beautiful?



Skin and Bones by [freestocks.org](https://www.freestocks.org) from [flickr.com](https://www.flickr.com). Public Domain Dedication (CC0).



Close-up of a Woman Neck and Bare Shoulder by [Irina Bekhtereva](https://www.pexels.com) from [Pexels.com](https://www.pexels.com).

"Beauty is not one size fits all."

Grayscale photograph of woman collar bone, neck, and shoulder, human from WallpaperFlare.com



Models undergo intense and prolonged scrutiny of physical appearance. The fashion industry encourages and forces unrealistic ultra-thin body standards on them causing them major mental and physical health problems as they go to extreme lengths to change their natural, healthy bodies to fit this mold.

With easy access to social media, skinny supremacy and fat shaming quickly spread to and influence the mindset of people all over the world, strengthening beliefs that the only way to be attractive by societal standards is to be underfed and unhealthy. Beautiful is not one size fits all.

MODELS

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