Body Shaming

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What is Body Shaming?

It is the act of mocking with the appearance of a person, in terms of their body shape, fatness, thinness, muscularity, tallness, shortness, facial properties, eye colour, hair colour, etc.

To sum up, any kind of physical properties of a person, can be a source for body shaming.

In some cases, even the tattoos, piercings and remaining marks from the diseases that a person had before could be a mocking issue for a bully.

Who is a Bully?

Bully is a person, who harms the person opposite with their words or by physical abusing.

Bullying can be Physical, mental or emotional.

Any kind of threat, coercion, use of physical force are counted as bullying.

A bully tries to make other feel insecure, uncomfortable and try to dominate them.

Uneven, Physical or Socio-economical Power between people can lead to bullying.

Who is a Bully?

Bullying can either be done by a person or a group of people. In the second case, the action is called "mobbing".

There can be more than one secondary bullies that are willing to assist the primary bully.

Bullying can take place in school and work spaces, which is called "peer abuse".

What is Bullying?

Bullying:

- Hostile Intent

- Imbalance Power

- Repetition

Types of Bullying

Body Shaming

All types of bullying can be seen but until the internet era, most common type of body shaming was verbal and physical. However, with the spread of the social media, body shaming through cyber bullying increased vastly.

What is Cyber Bullying?

Cyber-Bullying is technical or relational harm behaviours made to an individual or a group of people using information and communication technologies.
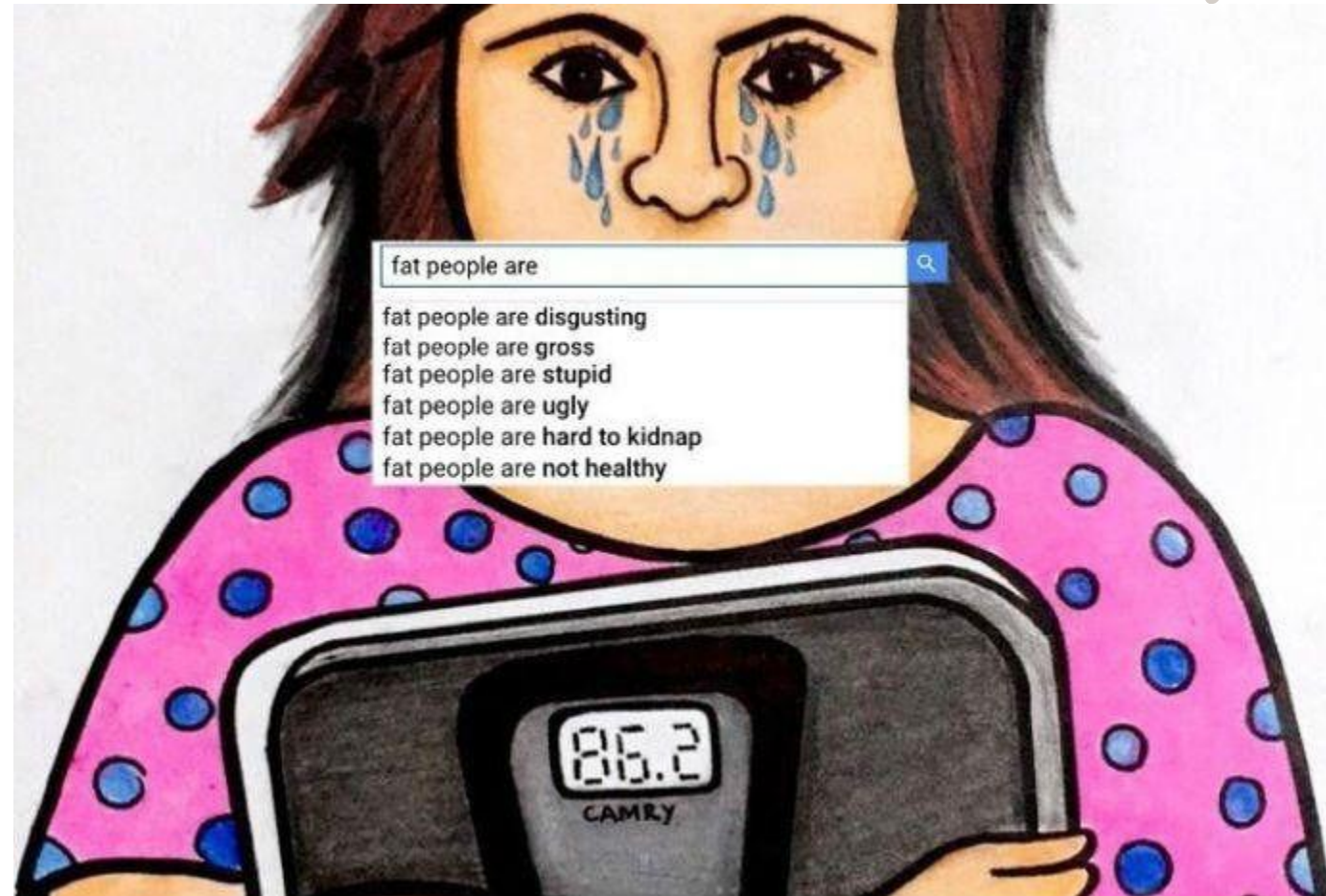
What is Cyber Bullying?

When a person deliberately disturbs another by using digital communication tools to abuse, mock and repeat.

Who Can Be a Victim Of Body Shaming?

Anyone, who does not fit the general beauty standards that were approved by the community, that he/ she lives in, can be judged and mocked.

There is no specific criteria.

For example, if you are living in China, but have an average height for holland, you would be count too tall and possibly get bullied.

In Turkey, if someone does not have facial hair, that person could be mocked as beardless ('köse' in Turkish).

In this case, an average property that almost everyone have in a community, can be a bullying source for another community, because they are not used to it.

What is Beauty?

If the attractiveness of a person in a certain community is high, he/she can be considered beautiful.

The conditions for attractiveness does change in time and place.

In some communities blonde people has an higher attractiveness, in others brunettes, and in some others auburn people.

Also, while some people like blue eyes, some others like black eyes.

Body shape is another important beauty requirement. In some societies being fat is a desired beauty standard, while on the others desire is to be athletic and muscular.

What is Beauty?

During the ages beauty standards changed.

For example, in the past men's ideal physique was fat and healthy, which shows wealth. However, in todays world it is more lean, muscular and athletic.

Not for only men but for the women, beauty standards during the years change too.

https://www.scienceofpeople.com/beauty-standards/

What is Beauty?

Even the hair and facial hair style change is very important during the ages.

While, in the 1940s, a classical sailor look with no facial hair was the beauty standard, in the 1910s there was a moustache attribute by men.
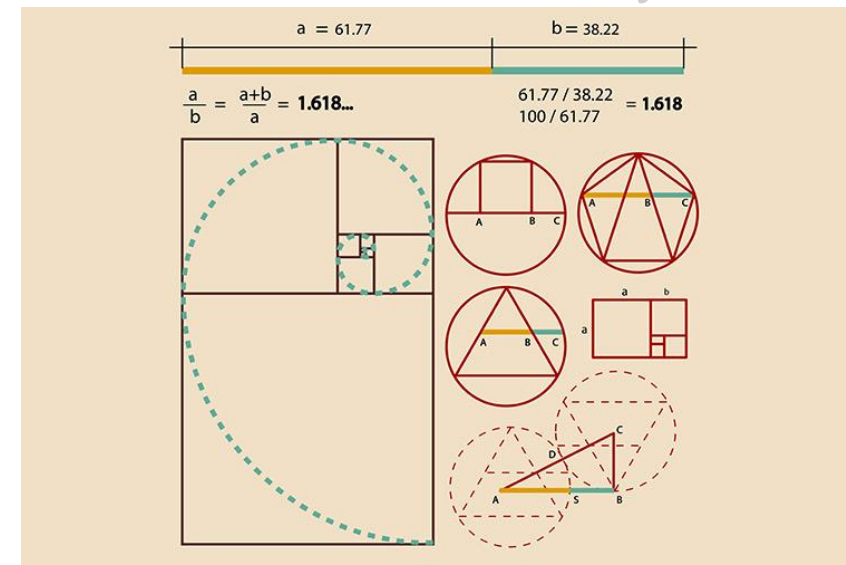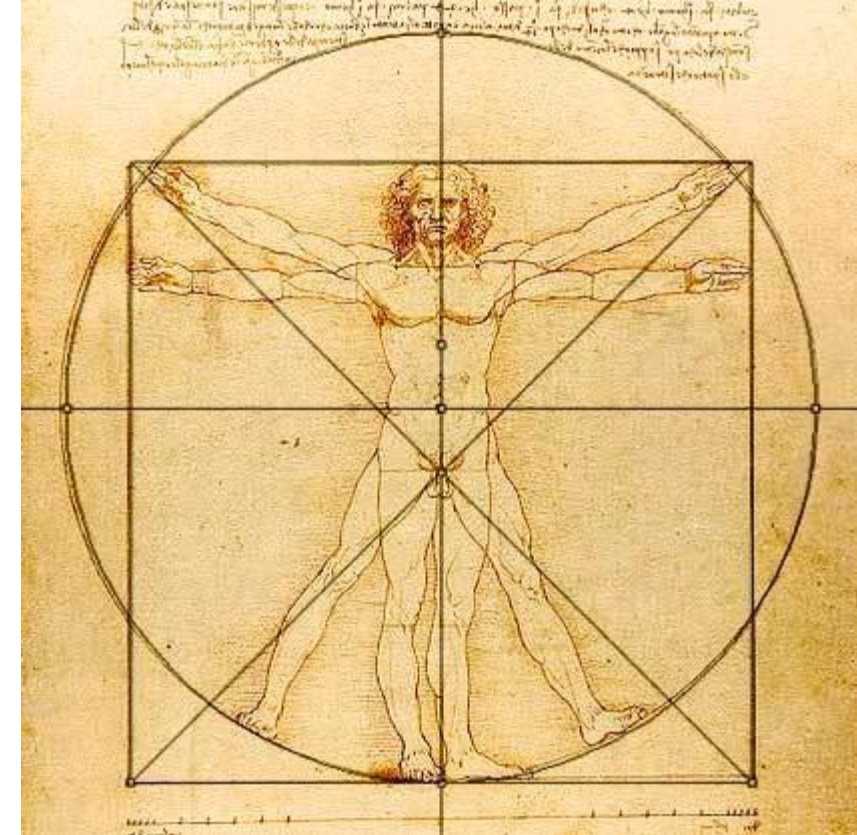
https://www.youtube.com/watch?v=3-tJ5erxh4Y&feature=youtu.be

What is Beauty?

Other than the hair colour, eye colour, facial hair, muscularity and body fat, there is the Golden Raito.

Golden Raito is about the perfectly balanced body and face proportions.

Among all the people, who has a higher golden ratio, would be more aesthetic and beautiful.

Femininity & Masculinity

Women with a muscular body, broad shoulders, large arms could be associated with men.

Also man without facial-hair, lack of muscles, wide hips, and large breasts can be shamed for looking feminine.

Beauty & Cosmetic Brands

The basic principle behind the beauty standards of the world wide beauty and cosmetic brands, is to select the model, who has the beauty which is hardest to reach.

By this way, they sell their product to the customers, by making them believe only by using their product, people can be beautiful or handsome like those brands models.
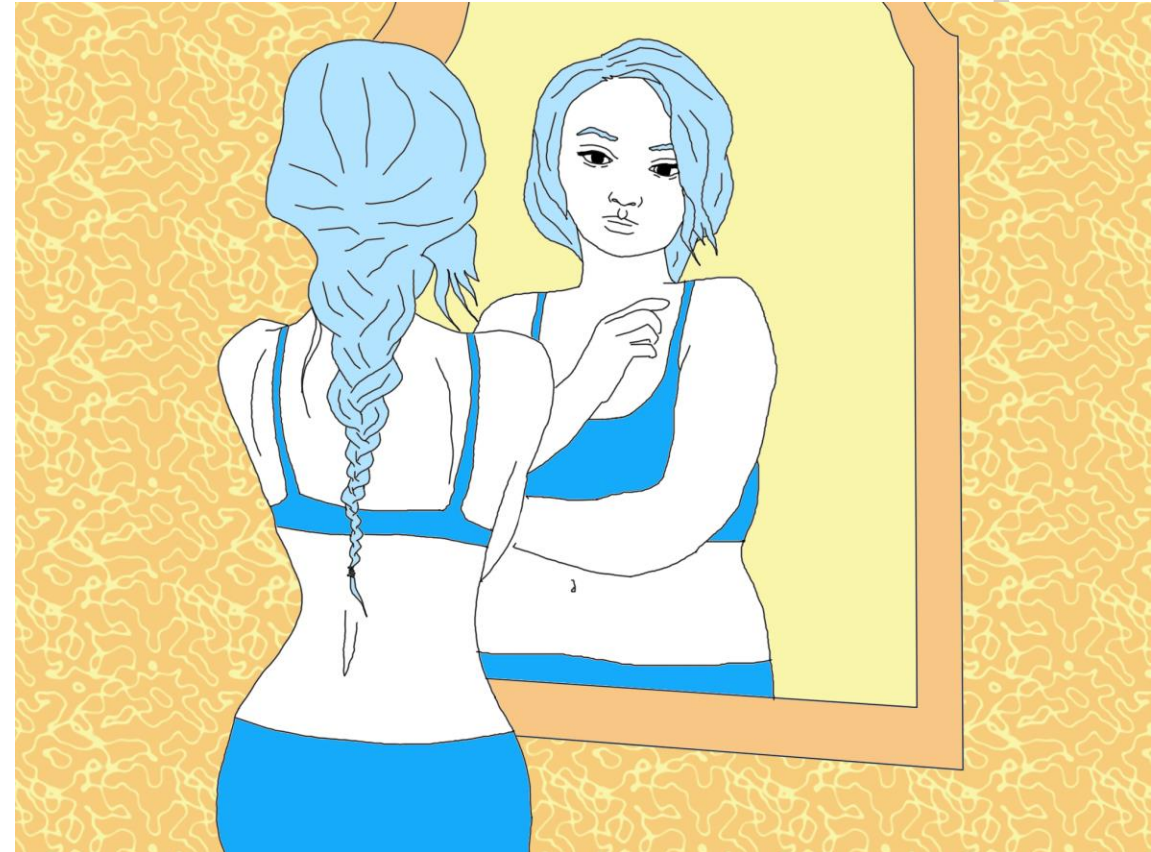
Shows and Commercials

In todays shows, series, films, and commercials highly aesthetic people takes the leading roles. People who are watching desires to be like those actors and models.

What are The Consequences?

- Negative Emotional Effects

- Lack of Self Confidence

- Eating Disorders

- Anxiety

- Body Dysmorphia

- Depression

- Suicide

Body Shaming from 'Central Intelligence'

https://www.youtube.com/watch?v=VAYLqPCflE8&list=PL1LXSZy41oy9ktMUEk6J

ybICAKGdG7g1X&index=1

So What?

Body Shaming is a vast problem in our modern world. All the commercials, films and series emphasizes the beauty standards that are set by the society.

What should we do, is to feel confident about who we are and what do we look like.

We should not judge people by their looks and we should not keep quite, when someone is getting bullied because of the way he/ she looks.

ALL BODIES ARE BEAUTIFUL
STOP BODY SHAMING
NO-GODS-NO-MASTERS.COM

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Thank You For Listening...

Any questions?