

# Body Image-by Benjamin Steele

Body Image, two words that are undoubtedly engraved in our minds forever. The reason for this of course is the media and it is boasting of the thin ideal and unrealistic standards of people when it comes to their personal appearance. In this speech, I will be discussing the harsh reality of the media that surrounds us and its effects. Examples of this could include adding a filter to boost your complexion to even eating disorders and mental illness.

So what is body image?

Body image is the perception that a person has of their physical self and the thoughts and feelings that result from that perception. These feelings can be both positive and negative or a bit of both. So I put to you now. How many of you are happy with how you look? -wait for answer How many of you look in the mirror before you go out? -wait for answer

Well you are certainly not alone. 82 percent of kids our age are unhappy with how they look and 76 percent of both boys and girls wish they were thinner. This is all based on the hold the media has over the world. You truly cannot escape this destroyer of confidence and air brushed version of real life. It is everywhere we go and it truly is not going away unless we make a choice, a change a very important one at that.

Can we let the media continue to control us?

Eating disorders are a range of conditions expressed through abnormal or disturbed eating habits. These generally stem from an obsession with food, body weight or body shape and often result in serious health consequences. In some cases, eating disorders even result in death. Individuals with eating disorders can have a variety of symptoms. However, most include the severe restriction of food, food binges or inappropriate purging behaviors like vomiting or over-exercising. These are all the worrying and yet factual things that at least one in three young girls face every day. Can you stand by and let this happen. I know I cannot.

I believe that people should feel confident and how they look dress is not the decider of what type of person they are. These people are people they are not just statistics to feel shocked by they are human. So have some humanity and stop using words like fat ugly slag it effects people's lives. And it kills

So the next time you find yourself flicking through yet another “positively poisoned” glossed magazine remember what you read and what you see is bogus, fake, a lie. Confidence and self-esteem is at an all-time low we need to act fast before it is too late. For everyone

You may feel that you cannot make a change but I can assure you that you are wrong we can together fight back against the media and its tenacious hold it has on the world

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