

# WOMEN JUST CAN'T WIN

## Fat Shaming

**Sama Dabbour**  
Reporter

You post a picture on Instagram. Your friends like it and some comment with heart eyes. It's a cute picture, but then a stranger comments, "She needs to swap the pizza for salad." Someone else says, "Her weight is unhealthy. Stop hyping her up." More comments like these keep coming in.

Fat shaming is common in our society. When a big girl posts a picture, you almost expect to find rude comments like these claiming to be concerned about the girl's health. The truth is that even though they say they do, they don't care about a stranger's health, and they don't believe that commenting on their pictures will actually cause them to lose weight in any way. They're only bullying the girls. Mean comments like these are often fueled by insecurity. People hate to see others confident in their own body when they themselves lack that confidence.

Super models are skinny. That's the way it's been for most of history, it's only recently that plus size models are being seen on runways and fashion shows. Despite this change, it's been drilled into our heads and our culture that a woman should be slim, and if they are not, they are usually bullied and shamed.

Skinny girls are also occasionally exposed to bullying, but while shaming anyone because of their body is a horrible thing to do, skinny shaming happens a lot less and is more playful than fat shaming. Skinny shaming will never be the same as fat shaming because of extreme pressure young women face since childhood to be slim. Getting a doll when you were a little girl meant looking up to a skinny white girl with long blonde hair. It was subconsciously drilled into us that this is what a woman should

look like. Only recently are dolls showing the diversity of the little girls who play with them.

The word "fat" itself holds so much more hurt than the word skinny. The stereotypical question women ask is "does this make me look fat" because in society, women are supposed to ideally look small and petite.

The standard requirements for runway models has increased in height to 5'11", but the weight has stayed the same over several years. According to nypost.com, lots of models have come out and stated that they have been constantly pressured to lose weight even in unhealthy ways and in return, have developed eating disorders. Sanni Pederson has said that she witnessed a 16-year-old model survive off of cotton balls to give her a full feeling.

With unhealthily skinny and even anorexic models mostly seen in the media, the pressure on girls to be the skinniest they possibly can be is extreme. Mainstream media is okay with supporting models with eating disorders but are completely against a girl who is only a couple of pounds overweight. Society is more accepting of underweight girls but not overweight girls when both are unhealthy.

The truth is that while both are horrible, fat shaming is more present in our everyday society and much more hurtful than calling someone skinny. Idealistic body types need to end knowing that no woman can be everything that the runways and social media wants. France has already taken a huge leap forward in healthy body image. They have banned underweight models and require models to show a doctor's note saying they are at a healthy weight. This stops the glorification of skinny and promotes girls to love their own body without the constant pressure of being skinny. We too need to end idealistic body images knowing that no woman can be everything the runway and social media wants.

*We live in a society that finds a way to shame women regardless of their body. Fat women are constantly shamed for being bigger, yet skinny women are also body shamed for being slimmer.*



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## Skinny Shaming

**Haviland Wilson**  
Reporter

You log onto Instagram and you're super excited to post a cute selfie. You took over 100 pictures at every angle possible until you found the right one.

Yet as you're about to post it, you see your timeline flooded with pictures of Kim Kardashian and Cardi B.

You see how their bodies appear to be perfect; they have all the right curves in all the right places.

You look back at your picture and decide to delete it because you feel like it could never compare to these celebrities you look up to.

This scenario is a reality for many girls in this generation, and this mindset needs to change.

Growing up there was always a stigma that being skinny was more preferable. From magazines to TV series, young girls were surrounded by images of woman who had small waists and slim features.

Being called skinny always used to be a compliment, a goal.

Yet now, as we look into the world of social media, we see that the term "skinny" is now used to body shame someone.

This phrase isn't a compliment anymore but actually one that is detrimental to girls' self esteem, a way to bully someone without even knowing it.

In this day and age, the media is constantly flooded with images of girls who are "slim thick," an expression used to describe a body type that is almost unachievable for many girls. Ideally, a girl is supposed to have large breasts, a slim waist, and a big butt.

This idea of beauty is continuously shown through many different types of entertainment that young girls look at everyday. Social networks such as Instagram and Snapchat are flooded with pictures of woman showing off their "perfect" curvy figures, just as influential social media stars such as Nicki Minaj and Kylie Jenner flaunt off their thick thighs and big

butts.

These images are influencing vulnerable teens to believe that those features are the only thing that make a girl attractive.

While that is a body type that some girls have, what about the girls who don't fit that idealistic image of what a girl's body is supposed to look like. What about girls who have smaller breasts with tiny butts and slim arm and legs.

Most of us can account for the fact that we have heard of the expression fat shaming. And while demeaning someone for being a bigger size person is still a very real issue in society, a big misconception is that telling someone that they are too skinny or too small is not offensive.

It's almost like you can only be insecure with your weight if you are overweight, and if you are underweight, you could never find any issues with your size.

Yet this mindset leaves girls who battle with self esteem issues due to having a skinnier physique feeling like they can't confide in anyone about these issues for fear of being called shallow or having their feelings disregarded.

Yet little remarks such as "do you eat?" or "I can wrap my hand around your wrist" really do hurt people. And while these comments may seem harmless, words can affect people in a very real way.

Skinny shaming has definitely been normalized into everyday society, and this normalized behavior needs to stop.

In a world that has become obsessed with becoming "thick," society should learn to value all body types, so girls will become less insecure with their body and embrace their individuality.

We can all help girls embrace their body types by not body shaming someone for the way they were made, whether they are bigger or smaller than the "ideal" body weight.

And a note to every girl out there: just know that you don't have to be insecure with your body because your body is perfect the way it is.