

How body positivity impacts GJHS students

Students at Grand Junction High School are working on being more body positive.

Many students at GJHS are working towards the body positivity movement. The students were polled and asked if they would be comfortable talking about their personal body positivity.

They listed several aspects of body positivity and how to increase it.

“You should never talk badly about your body; you should always have positive things to say about yourself,” Lakshmi Rai, a sophomore at GJHS said. She added that it’s important for people to talk positively to themselves, and to say good things to yourself in the mirror.

“Just walk with confidence, and don’t care what other people think,” Emma Ellis, senior at GJHS said.

“I think a way you can boost your confidence is to do something about your insecurities,” GJHS senior Cash Simpson.

Simpson also said social media has had a significant impact on the way he sees himself. He added that social media has affected the way he sees himself by seeing people who he wants to look like. Simpson said he is much more confident in his body than he used to be.

The other students that were interviewed had the same idea, that social media has a big negative influence on their body image.

Ellis said specifically that social media has absolutely affected the way she sees herself.

“Every single post you see there is like these models, and



they are promoting weight loss and things like that.”

Beauty standards are brought up higher and higher on social media making teens feel inferior to others.

Standards like:

“less is more,” “be more lady-like,” “small waist,” “be taller,” “more muscular,” and “flawless skin” are what is essential to be “perfect” in the year 2022.

Teens are given these unrealistic beauty standards and are required to fit into them when in reality no one is perfect.

Rai said that to her, breaking standards and a positive body image means that you are confident in yourself, and you carry yourself with confidence, you are not afraid to show and do things others would not.

Simpson said, “A positive body image means to me that you are confident with the way your skin is portrayed, and your body and who you are.”

Ellis said, “A positive body image means to me is being confident in yourself and not caring what other people think of you and what you look like.”

Many people are striving towards a positive body image, this means many different things for many people. Students at GJHS are working on uplifting themselves and each other in terms of the body positivity movement.



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