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Women United: Stand Together Against Being Critiqued

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“You might look at yourself and think, ‘How can I be prettier? How can I be more desirable to the people of whatever gender I’m after?’ How can I get noticed?’ Women today are struggling with the ideal body image. Each country differs from the rest, but it is still an on-going issue. Some of these issues include self-harm, eating disorders, and depression. Women’s body image is so prevalent that Hillary Clinton has spoken about it in *the New York Times*: “We’re not going to be Miss Universe. I have to tell you,” she continues, wrapping up, “so let’s be the best we can be. Let’s be proud of who we are.”

We know a lot about America’s body image. Women in America are expected to be skinny, white, tall, educated, blue-eyed, etc. Although some women fall into these categories, they are often self-conscious and unhappy. Other countries are also drastically different from America. In a photo article comparing different ideal body types in different countries by *the Huffington Post* it was stated, “Photos from China

and Italy were dramatically photoshopped to have very thin legs and arms. Images from Columbia, Mexico, and Peru reflect the traditional beauty standards of those areas, with tiny waists, large breast and curvy hips.”

How can we make a difference? We need to eliminate the stereotypes. Women and girls don't need to walk around unconfident or afraid of being rejected. By accepting how we look and not judging others, we can eliminate negative body image in America and other countries. Let's stand together and unite!