

## BODY SHAMING

*by:*

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Body composition of every person is different from one another, we cannot create comparison if we are not in the same category. Teenagers often become victims and perpetrators of body shaming carried out by those closest to them, such as family, community, and friends, by joking. Ignorant adolescents will not respond to these comments, but adolescents who cannot accept comments from their environment tend to blame themselves. These scenarios are very common in schools.

Since DepED began to implement the face-to-face classes this School year and during pandemic we all know that several people gain weight due to stress lack of sleep and poor diet. This also can be seen in our students, as the opening of classes' starts, students revealed the product of pandemic in their body. Some have their weight goes up and others become lean. This where the bullies came in, they tend to bully overweight and skinny students without knowing that these students doesn't have so much to take. They're been suffering with stress because of the pandemic and bullying is adding up. In result, they will blame themselves for their body composition. Learning will not take place since they are stressed out, afraid of entering the classroom and being bullied again.

Good nutrition, regular exercise, avoiding harmful behaviors, making informed and responsible decisions about one's health, and seeking medical assistance when necessary are all necessary to maintain a healthy body. For different people, "healthy" can mean a lot of different things. Despite the fact that many people are quick to assume that it is, it is not only related to appearance. Being "skinny" doesn't necessarily mean you're healthy, and having a high BMI doesn't necessarily mean you're unhealthy. When deciding whether you are truly leading a healthy life, a lot of things come into play.

The age of globalization appears to have established new norms for society, including its mentality. In the end, the standard is used to achieve perfection, including beauty, which is now one of society's most prized possessions. Body shaming is a problem in society because people are expected to meet certain standards. People in the neighborhood will use body shaming against those who fall short of this standard. Body shaming is the act of evaluating a person's physical appearance by someone else, usually with a negative connotation, so that the person feels ashamed of their possessions.

Almost everyone has experienced body shaming. Also varies, but the majority of people assume that body shaming in the form of jokes is acceptable because the goal is not to hurt. But if body shaming is used in the form of satire, ridicule, or insults that are clearly meant to hurt, Behaviors such as being embarrassed, insecure, stressed, and so on are influenced by the body shaming received.

*References:*

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