

8 Statements regarding my beliefs on the topics of animal abuse and body dysmorphia in the fashion industry.

Animal Abuse:

1. Feather Farming: feathers are known to be seen as a luxury when it comes to bedding. However, getting that amount requires farming and aggressive pulling of feathers. This causes severe pain to the animals and their natural protective layer is gone causing difficulties for the geese. I believe that animals shouldn't be put in those conditions so that we greedy humans can have the luxury of having feathers in our bedding. If we must have feathers, then instead maybe take the feathers of the animals that are already dead instead of torturing the alive ones.
2. Fur and Animal Cruelty: some brands are known to use fur in their clothes and designs. However, these furs are not always obtained in an ethical manner. Specific farms are made which keep these animals in small unnatural habitats, where they are later tortured for their fur. Fashion industry is cruel for wanting fur in their fashion designs. Maybe instead of breeding the animals trying to get the highest quality of fur. I believe that these animals shouldn't be kept in such conditions and should be free to live how they want, in their natural habitat.
3. Exotic skins: same with fur, farms are made across different parts of the world where crocodiles, snakes, etc are held in unethical conditions where later they get skinned alive and left to die all for their skin. I believe that having exotic skins in fashion is just over the top. Just because you want a "fancy design" and leather doesn't mean we have to kill these animals for it. Our human technology and creativity are so good now a days that we can most likely able to recreate that effect of the same skin just by using the technology we created.
4. Animals used as entertainment: many people dislike how certain animals are used for entertainment in movies, fashion shows, tv shows due to concerns of them being overworked and not cared for properly. I believe that if these animals are well taken care off and aren't abused for these people's entertainments, I don't see any problem with it. I honestly think most of the animals we see in movies live in more luxury than an average person.

Body Dysmorphia:

5. **Size and body diversity:** fashion industry is always displaying unrealistic body standards, where young girls are made to feel insecure about their appearance. Especially due to the editing of photos where sometimes models themselves are unrecognisable. I believe that fashion should have everyone involved not just skinny models. I guess we see more curvier woman walk the run ways nowadays, but I still think sometimes these clothing patterns are more fitting to the skinner models than the curvier ones.
6. **Plus Size Models:** plus size models aren't represented enough as people have been made to think that "skinny = beautiful" and "fat = ugly" causing many brands to recruit skinnier and smaller models and anything that is curvier with body fat is a no no. I believe that when a fashion brand looks for plus size models, they choose the biggest size they can find and forget about the rest of the curvier girls. I see that in fashion you can only be two sizes and the rest is just forgotten which I would love to see more girls my size especially as I struggle with my body image.
7. **Models health and body image:** models are always told to stick to strict dietary guidelines. Where sometimes they won't eat anything for days affecting their health and mental wellbeing. This I where I believe that the fashion industry for models is toxic. Girls are told from young age that if they want to get anywhere or look a certain way, they have to be skinny. That's why all these young girls starve themselves or eat once a day just to remain a figures that is unnatural where in reality we all have a little bit of body fat, sometimes more than others, which is ok to have.
8. **Editing of imagery:** many brands photoshop their images of models hiding "imperfections" making them look doll-like and unnatural. This causes a lot of young girls to edit their own photos for Instagram where half the time their photos make a whole different person and mask the true face sitting behind that screen. I believe that everyone is beautiful and perfect, but we all just seek validation from others, and we constantly want to get praised and complimented. That's why when we see all the beautiful skinny models that get praised, we can't help but try and be and look like them just so we get the same validation and compliments as them.

Based on my beliefs about the fashion industry, I decided to focus on body dysmorphia and how the fashion industry treats different body types.

The fashion industry has long been criticised for its unrealistic body standards, which has had a negative impact on young girls' body image and self-esteem. In my writing, I aim to highlight the 3 important statements: size and body diversity, models health/ body image and editing imagery. I believe that by addressing these statements I'll be able to educate those in the fashion industry to embrace the beauty of all body types and not push any unrealistic body standards further into other generations.

Size and Body diversity have been major concerns in the fashion industry for years. The constant display of unattainable body standards that we as young girls see on the runways has left us feeling insecure and depressed about our own bodies. We see these models all glammed up on the runway constantly praised by their fan-based, that we can't help but compare our body and size to them wishing we had what they have: Looks, body, fans. Etc. I mean it's rare to see any curvier woman on the runway yet alone bigger models. Why? Because we are made to believe that any body fat on our bodies is considered unappealing and "gross".

Another pressing issue is the impact the fashion industry has on models' health and body image. We as normal people don't see what happens behind the screen, but many models came out and shared about their experiences in the fashion industry as runway models. They are often subjected to strict dietary guidelines, leading them to use extreme dietary methods and even starvation just so they. The toxic environment that the fashion industry is offering for these models, does not only affect their physical well-being but also their mental health. The distorted perception of beauty that we send to these young girls is leading them to commit harmful acts to their health, just so they can obtain the unnatural and unattainable body standards. I believe that we as young people should challenge these "norms" and promote a much healthier and more excusive fashion industry, so that future generations can understand that they are beautiful and don't need to change themselves to achieve unhealthy beauty standards.

Furthermore, the editing of imagery has also become a huge issue in the beauty industry. Many of these fashion brands heavily rely on the use of photoshop to hide any "imperfections" that the models might possess. Those always being Acne, blemishes, double chins, uneven facial structures...etc. These companies are turning real woman into having doll-like features where after the editing process these models don't even look like themselves anymore. Committing these acts does not only distort our reality and perspective of woman but also creates trends for young girls that editing your own images for social media is what you need to do to be accepted as "beautiful".

I believe that the fashion industry must start addressing these issues of size and body diversity, as there isn't just one body type to focus on. They need to start promoting inclusivity and embracing the different sizes we as woman come in. It's time for a change, the fashion industry must start sending positive messages to these young girls and how having body fat or being curvier than others is natural.