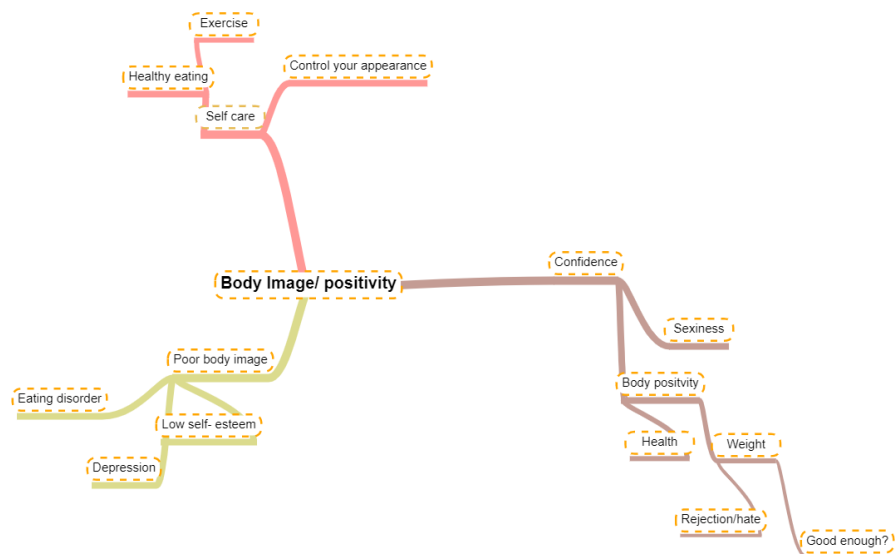


Brittany Wallace

Experimental Strategies/ Developing a unique voice / Body Image

Research



What is Body Image?

Body image is how we think and feel about ourselves and how we think others see us. Body image is not just about weight it can be other things like:

- Birthmarks, scars or acne
- Clothes that does not fit your body
- Your body may not match your gender
- Feeling like you are not attractive
- Hiding your body
- You do not look like your friends or the people on social media
- Struggling to love and accept your body
- Skin conditions or a disability
- Body hair

Why does body image matter?

The way your body looks can affect your self-esteem and it can change your behaviour in ways that you might avoid leaving the house, not feeling confident, avoiding activities that may expose your body and not speaking to people.

What affects body image?

Society: Social media, music videos, trends, newspaper and magazines. Social media has the biggest impact due to most images being digitally photoshopped.

Bullying: Being bullied or teased about the way you look by anyone including friends and family members can hurt you and your body.

Puberty: This experience the way you look as there is a lot of changes during puberty and it can take a while to adapt to the change.

Pressure: Being pressured to look and dress a specific way to fit in with friends just to be accepted. Trends will also pressure you to follow how people look now a days.

I've decided to do Body Image for my project as I during the lockdown I have notice that I've put on weight and I wasn't happy with it. I know it isn't just me that has put weight on, but I knew I didn't want to leave the house at all. I want to show that body image should not matter, and it shouldn't matter to other people on what you look like. Throughout lockdown I did not stop eating junk food and when I woke up one day my acne just came out and my face, back and chest has been scared due to it. With me having to wear a mask everyday for work it made my acne ten times worse and I just didn't want to show my face at all. I spent a lot of time on social media and every story I seen was someone either doing exercise, eating healthy foods or doing something sporty. My weight gain upset me the most so I wanted to show in my work my weight as I want to be more confident with it and I shouldn't hide it.

Articles/Research

I found an article that was recently released online on how half of the adults in the UK felt worse about their body image during lockdown. UK parliament's Women and Equalities Committee did a survey and 8,000 people responded to that survey. During lockdown 53 percent of adults and 58 percent of people under the age of 18 reported that the lockdown restrictions made them feel worse. **"Policies around weight and obesity, and the way they are framed, are potentially causing dangerous behaviours, especially in young people"** (CGTN, Arij Limam, 2020). I have also noticed during lockdown there has been more social media advertising weight loss products, healthy eating meals and gym plans.

<https://newseu.cgtn.com/news/2020-10-08/The-impact-of-COVID-19-lockdowns-on-body-image-issues-Uqrvjy93Da/index.html>

"I thought I had a healthy body image – then lockdown happened" (Independent, Olivia Petter, 2020). I could not agree with this more! Ever since lockdown has happened, I have been so concerned about how much weight I've put on as all I mostly did throughout lockdown was eat and not exercise. What didn't help is that I was constantly on my phone on Instagram looking at people stories and all I could see was people exercising, on their gym equipment or going for a run/walk. This made me realise that I have put on weight and when I was trying on my jeans I knew that they wouldn't fit me which left me unhappy, but it made me love my body no matter what.

<https://www.independent.co.uk/life-style/body-image-lockdown-insecure-instagram-mental-health-a9525331.html>

Artists/Photographers

Sophie Harris-Taylor

Looking at Sophie's work and one of her collection is called the Epidermis and it shows women with normal skin conditions that are not often shown. She hopes that sharing these photographs will help change the stigma surrounding skin conditions and people should not be ashamed of it.



This photograph that Sophie Harris-Taylor took gave me inspiration to look at embracing the skin condition you have and not hide it with make up or filters. This tells me how social media has a massive impact on everyone's life as people tend to hide their skin conditions because they don't have "perfect or flawless skin".

<https://sophieharristaylor.com/Epidermis>

Ben Hopper

Ben Hopper, a photographer who did a project called Natural Beauty and it blew up a global discussion after his photos went viral when released. His aim for the project is to create a contrast between female and beauty and the raw unconventional look of females with hairs.



I'm inspired by the photographer as I'm looking into Body Image and this links well with what I'm doing as people feel like they need to shave their body hairs as it isn't beautiful or natural for women to have armpit hair.

I love the way that every photo Ben took there is always a smile on their face. The photographs are taken in black and white with a black background behind them, this makes the armpit hair stand out a lot.

<https://www.therealbenhopper.com/Projects/Natural-Beauty/1/thumbs>

Nigel Tomm

Nigel Tomm is a creative artist and what he does is he gets perfect magazine photos and then starts to destroy what the image marketers are trying to show as he wants to change the beauty in an image by distorting it.

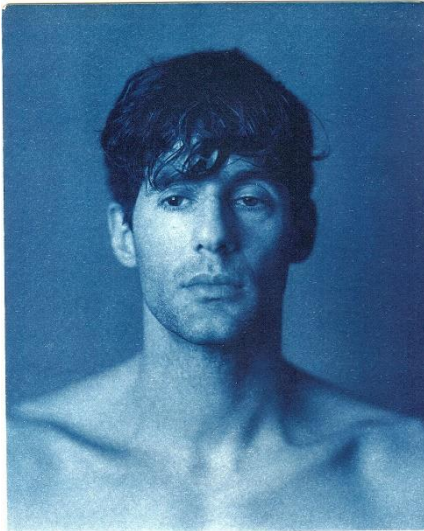


The technique that he uses inspires me to crumble up my photographs, rip them, distort them in any way that I can, I want to show that natural beauty is beautiful in every way. One of the aspects of his work is his passion and strong beliefs against the media and how it objectifies people. This is such a simple concept, but it is strong at the same time.

<https://www.trendhunter.com/trends/nigel-tomm>

John Dugdale

John Dugdale is an internationally renowned photographer that creates cyanotype prints and platinum prints. His image which are still life's, portraits, nudes and landscapes are simple, but they are also glimpses of private moments and personal spaces.



This inspires me to explore the technique of Cyanotype and use some personal photographs so that it could link better with this artist.

<https://www.holdenluntz.com/artists/john-dugdale/>