

2012

# Insecurities

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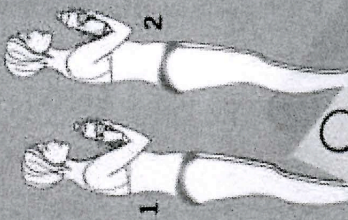
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Look Tight and Toned  
in 90 Seconds

...ies, do each of these moves for  
... of muscle fibers beneath yo  
...ear firmer for up to three ho

**TIPTOE SHAPER**

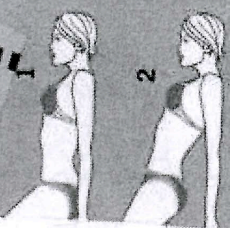
Grab two water bottles, and  
cross your forearms against  
your chest. Stand with your feet  
together, lift your heels so that  
you're on tiptoes, and hold.



Perfect

**SEXY-BY**

Hold the...  
above, with  
apart, lower  
knees bent...  
and hold.



back with your knees  
set flat. Raise your hips  
in your butt, and hold.



Ignore-proof

IN<sup>SEC</sup>URITIES  
SIDE THE ISSUES      ES TO THE PROBLEM      TO THE LOOSE ENDS

**Fake Height With**

Looks like someone a little Cam away with the teasing (hair spray!).

"Let them see you

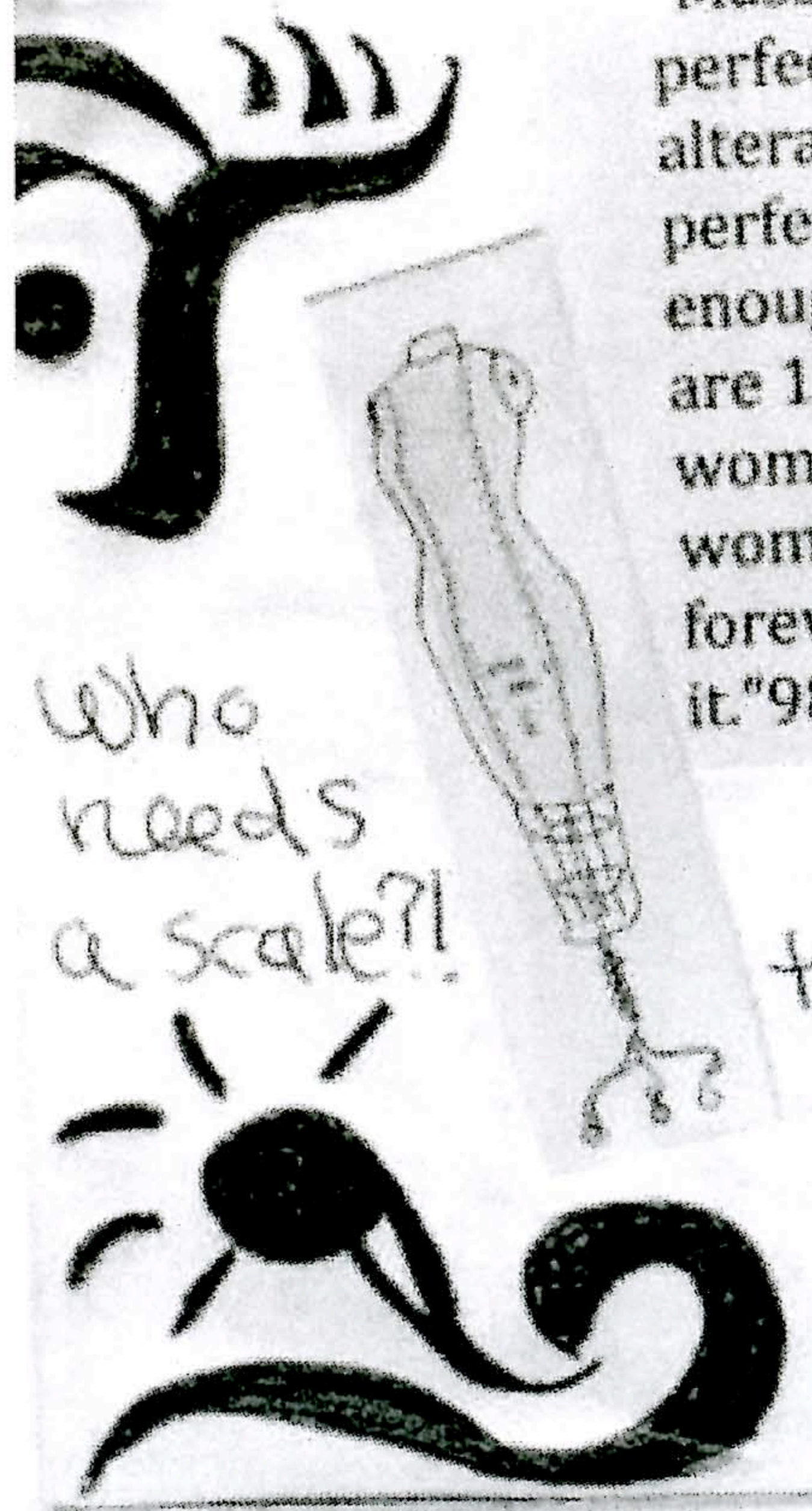
seriously

SOURCE: FITNESS TRAINER JOE GONZALEZ, F BARRY'S BOOTCAMP



"Women's bodies are treated as objects for adornment with jewelry, shoes, purses, cosmetics, dyed or treated hair, color-enhanced eyes, and clothing made from materials that require special care and limited activity." 91

"Mass media images of model's bodies are perfected by airbrushing and computer alteration. Even women with the most perfect bodies are not perfect enough...Current Playboy centerfold models are 10% to 20% thinner than most women...The economy virtually relies on women being obsessed with thinness and forever unsuccessfully attempting to achieve it." 98



Who needs a scale?!

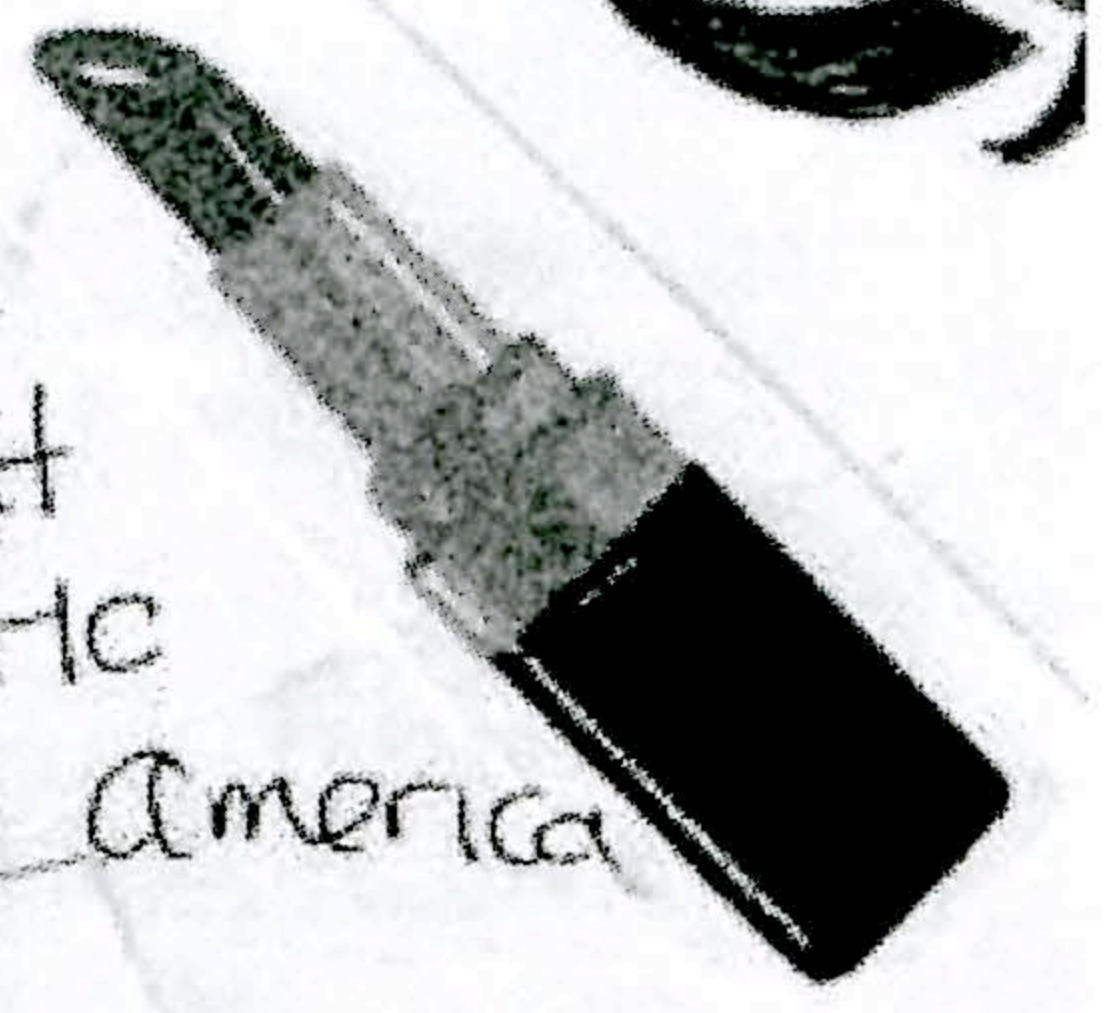
90% of American women think they need to lose weight  
40 billion dollars a year spent on weight loss products in the United States

The more you know, the less you need.

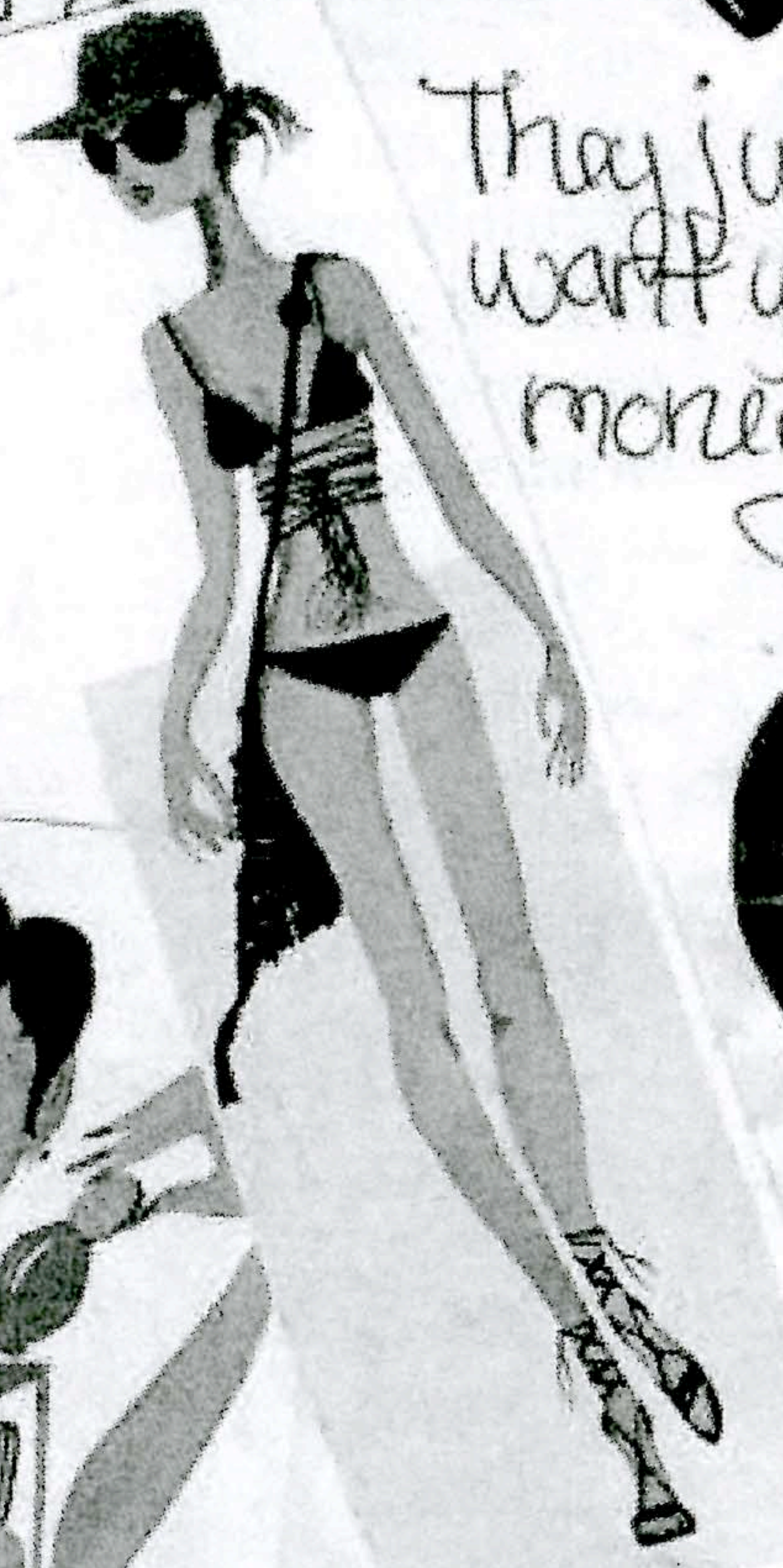
ABORIGINAL SAYING



15 billion dollars per year spent on cosmetic surgery in America



They just want your money!



Over 7 billion dollars per year spent on cosmetic products in the United States



How many pairs of shoes do you need?



"Cultural norms defining bodily beauty tend to have narrow, shifting boundaries that make them virtually unattainable, and attractiveness norms, such as gender/sex, have become binary concepts that differentiate women and men" 07

By their last year of high school, almost 3% of students have used steroids

Death caused by heart problems has been linked to anabolic steroids

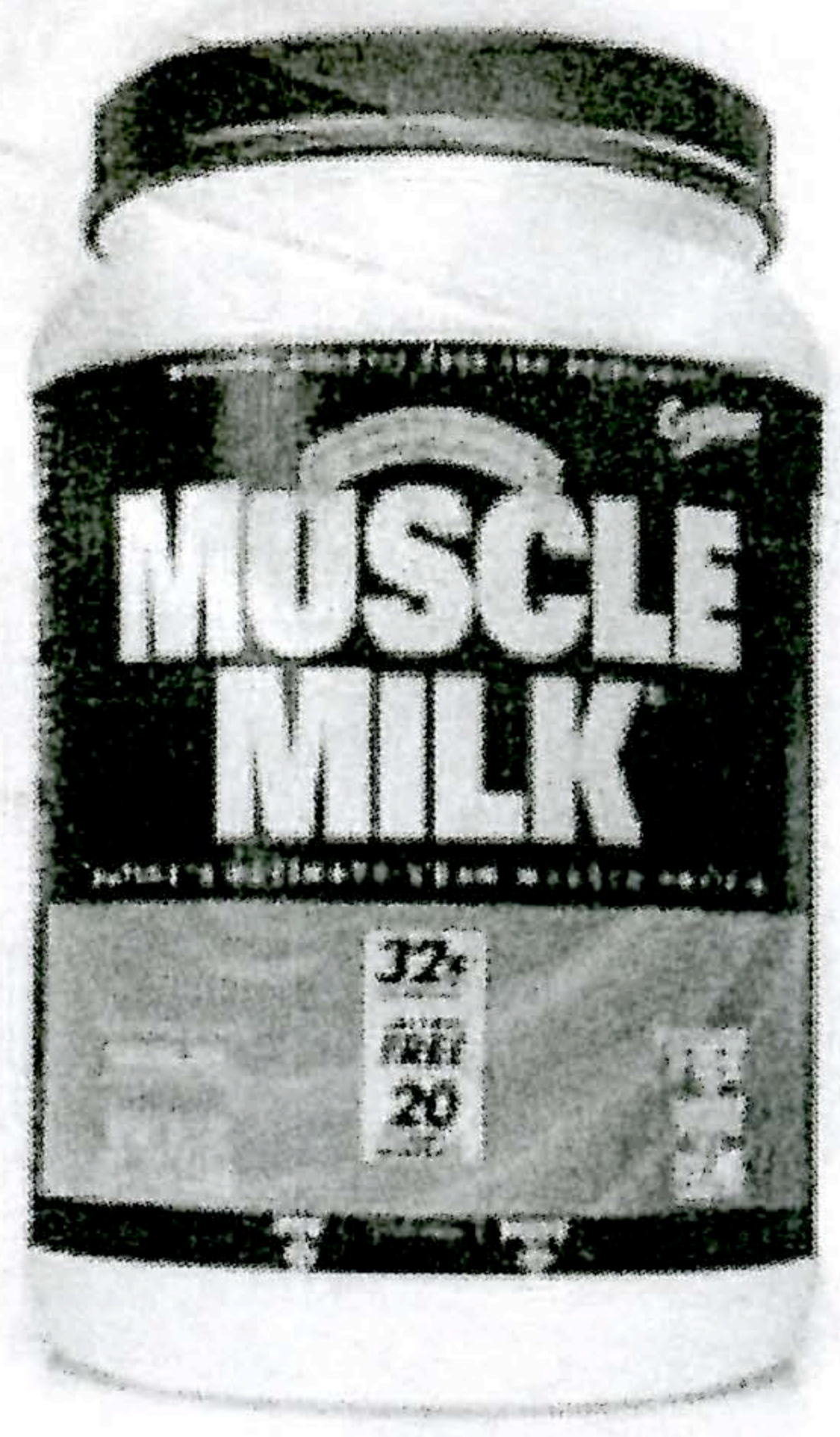
"As women are encouraged to become smaller, men are encouraged to become bigger. The pop culture G.I. Joe went from the equivalent of a human man with biceps of 12.2 inches in circumference in 1964, to biceps of 26.8 inches in 1998...men are beginning to face the same enormous pressures for body perfection that women have faced for centuries."98



Is this a real man?



Men are subject to societal pressures enabling unhealthy exercise habits and eating disorders. However, due to the lack of awareness of these issues men are treated far less often for their conditions.



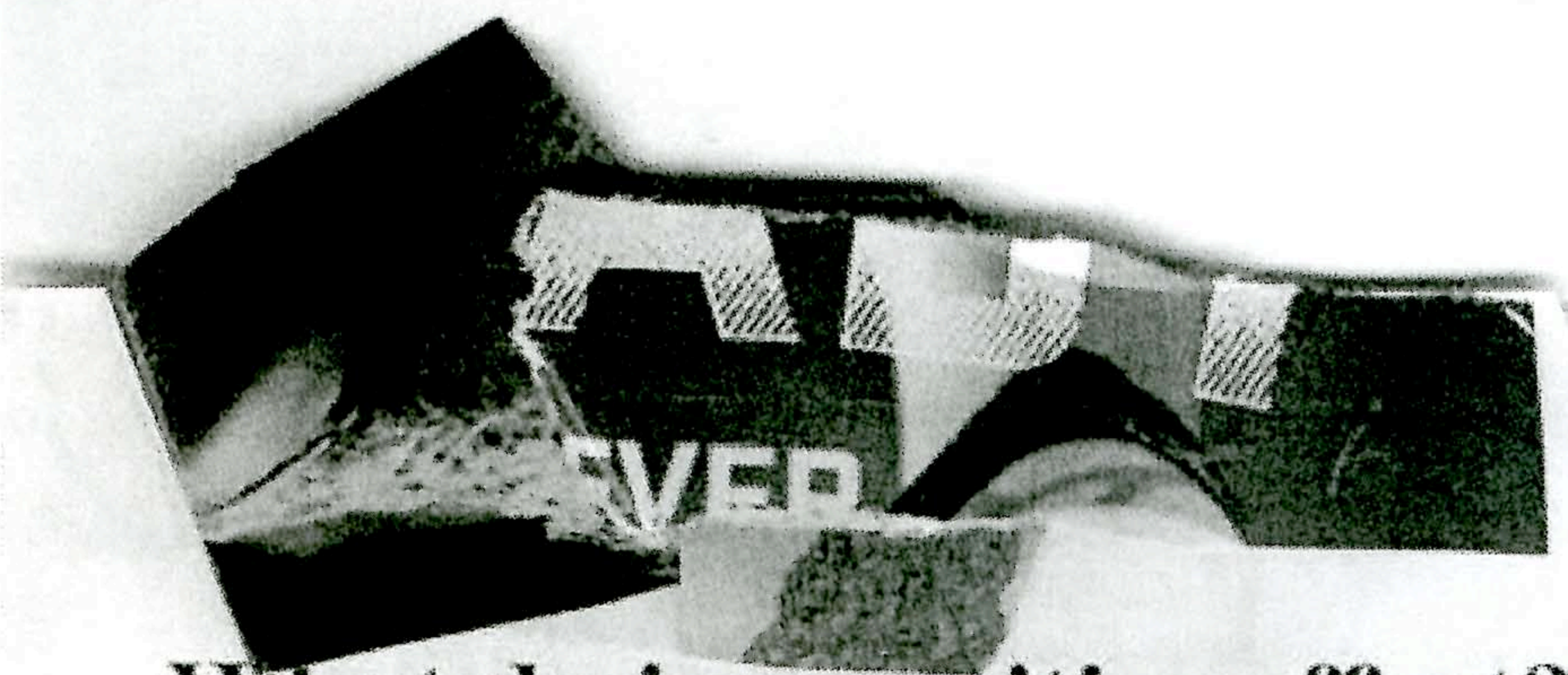
"muscle dysmorphia is the term for preoccupation with muscularity and the mis-perception of one's physique as small despite distinct muscularity" 100

I like skinny boys!!!



It's my right, as an American woman, to find a **SKINNY** pretty physical flaw in myself, own Fat. it, and then express disgusting it ad nauseam to the world.

I JUST WANT TO BE THIN...



## What do insecurities affect?

L N A S T L Y S E V B G L P K  
 A E I O D L I V Z S O Z D E J  
 W H X N I N D F E I D P Z R G  
 G H S M T X E L E B Y Y Y C V  
 O U A N Y E F I D P V E A E L  
 Z F R V H E R W R E L H N P P  
 D O B B S S I A N F V I A T Z  
 W D Z T D L L S C H O O L I H  
 C Y E Z B T Q F V T H U Q O T  
 R E L A T I O N S H I P S N L  
 M K S N O I T O M E L O X Z A  
 N Z B M I B W Y B W O X N K E  
 K J I N Z Y H F Q W C J T S H  
 E N B O J N I M K T Z M R I L  
 D U Z A Y Y V C E H A X N V U

BODY EMOTIONS FAMILY FRIENDS HEALTH INTERACTIONS  
 JOB LIFE MIND PERCEPTION RELATIONSHIPS SCHOOL  
 SELFESTEEM

A NEED TO FIND A WAY TO ESCAPE REALITY

PROBLEMS INTERACTING WITH PEOPLE  
 HOSTILITY  
 FEELING UNACCEPTED  
 DEPRESSION  
 FEARFULNESS  
 ANGER  
 SSKINNY

# PRO-ANA + PRO-MIA

pro-ana: the promotion of the eating disorder anorexia nervosa.

pro-mia: the promotion of the eating disorder bulimia nervosa.

\*Numerous websites exist that provide "tips and tricks" as well as "thinspiration" for individuals suffering from these eating disorders to help them reach their goal.\*

**Try This**

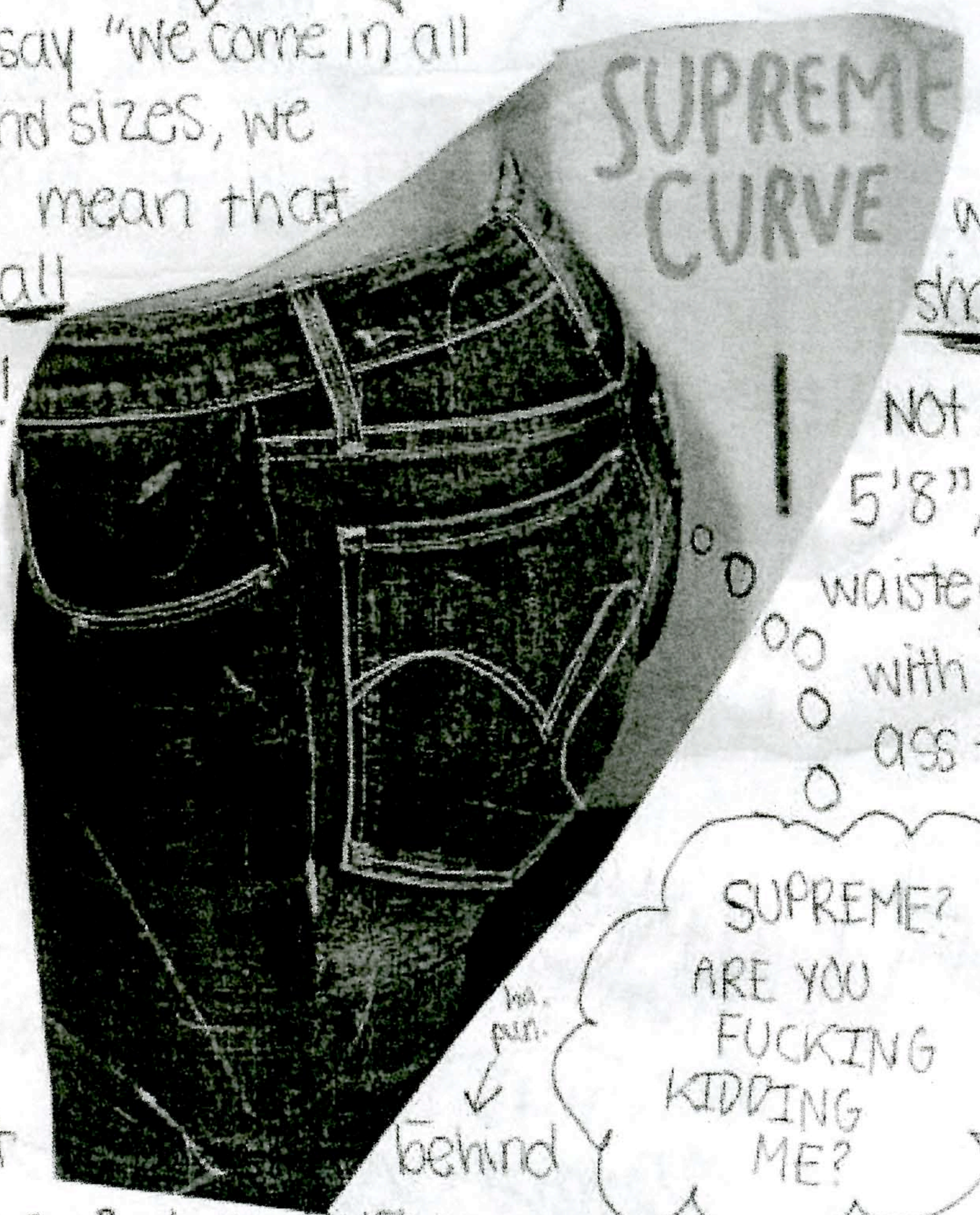
**Not That**



"NOTHING TASTES BETTER THAN SKINNY FEELS!"

FF Hey, patriarchal media! 5 XS  
 S  
 XXS  
 M 12  
 AA 1  
 NEWS FLASH  
 XL DD 0  
 14  
 XXL  
 8  
 C L B

When we say "we come in all shapes and sizes, we actually mean that come in all and sizes!

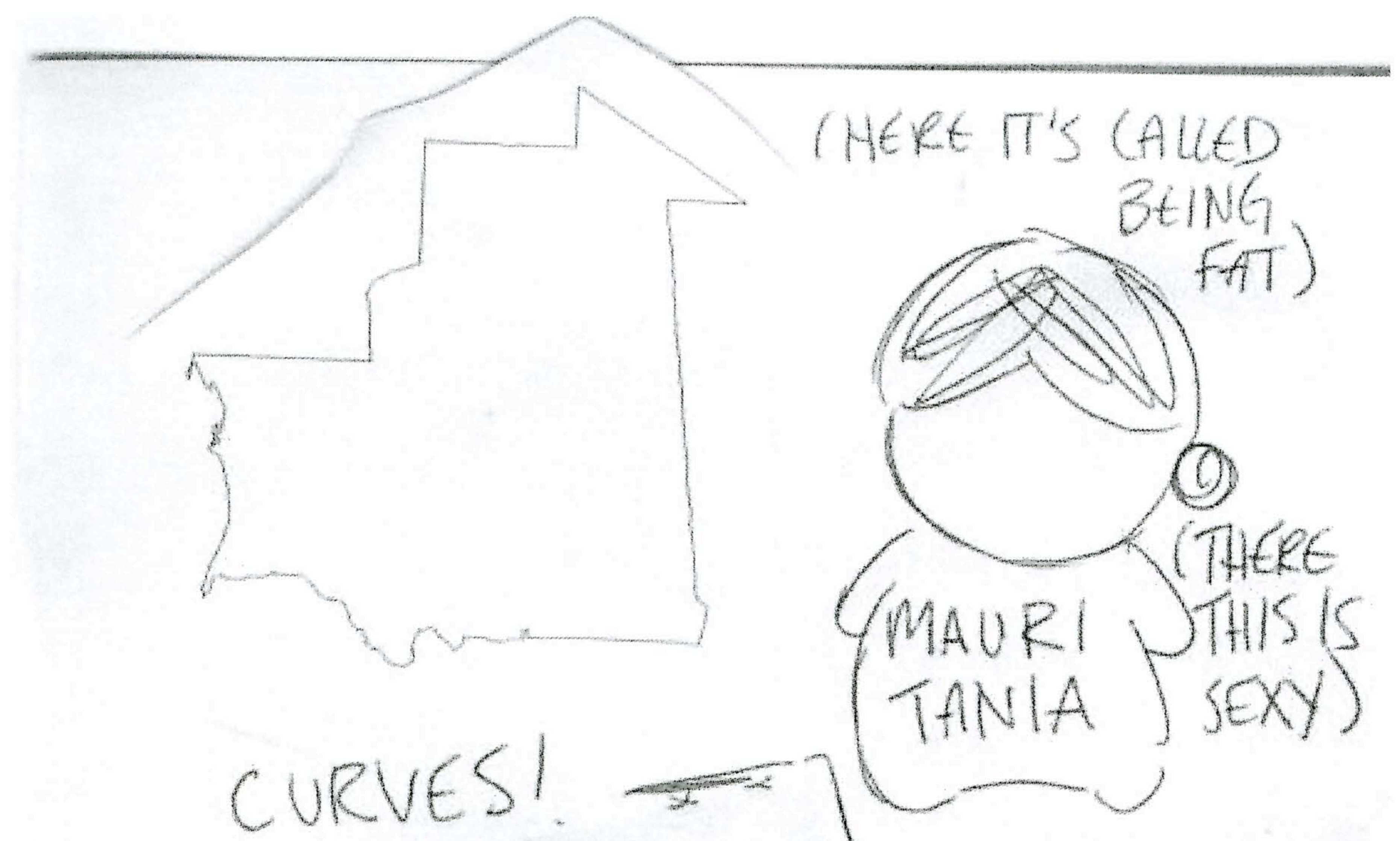


of us are 24 inch-women and an size of Jupiter. we appreciate the effort this message. But seriously, when you try to define what a "real woman" is, you're alienating, like, 90% of the female population. Real women don't define their femininity by the fact that they have curves. Real women define themselves by THEIR OWN STANDARDS. So, guys, before you go telling us what a "real woman" is, bleed out your ass for a week and then come back to us. ♡ women

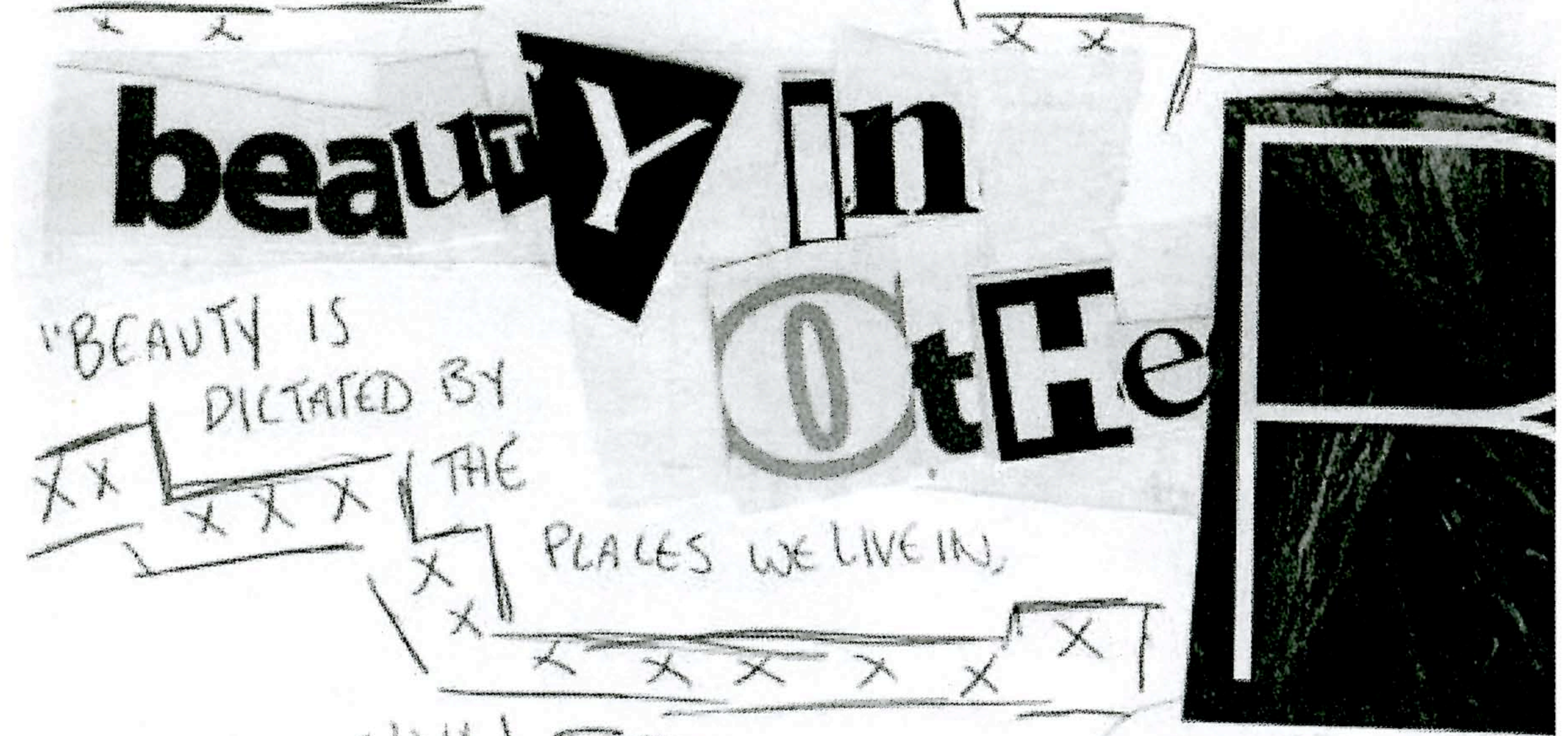
we shapes  
 Not all 5'8", 115lb, waisted with DD's ass the

SUPREME?  
 ARE YOU FUCKING KIDDING ME?

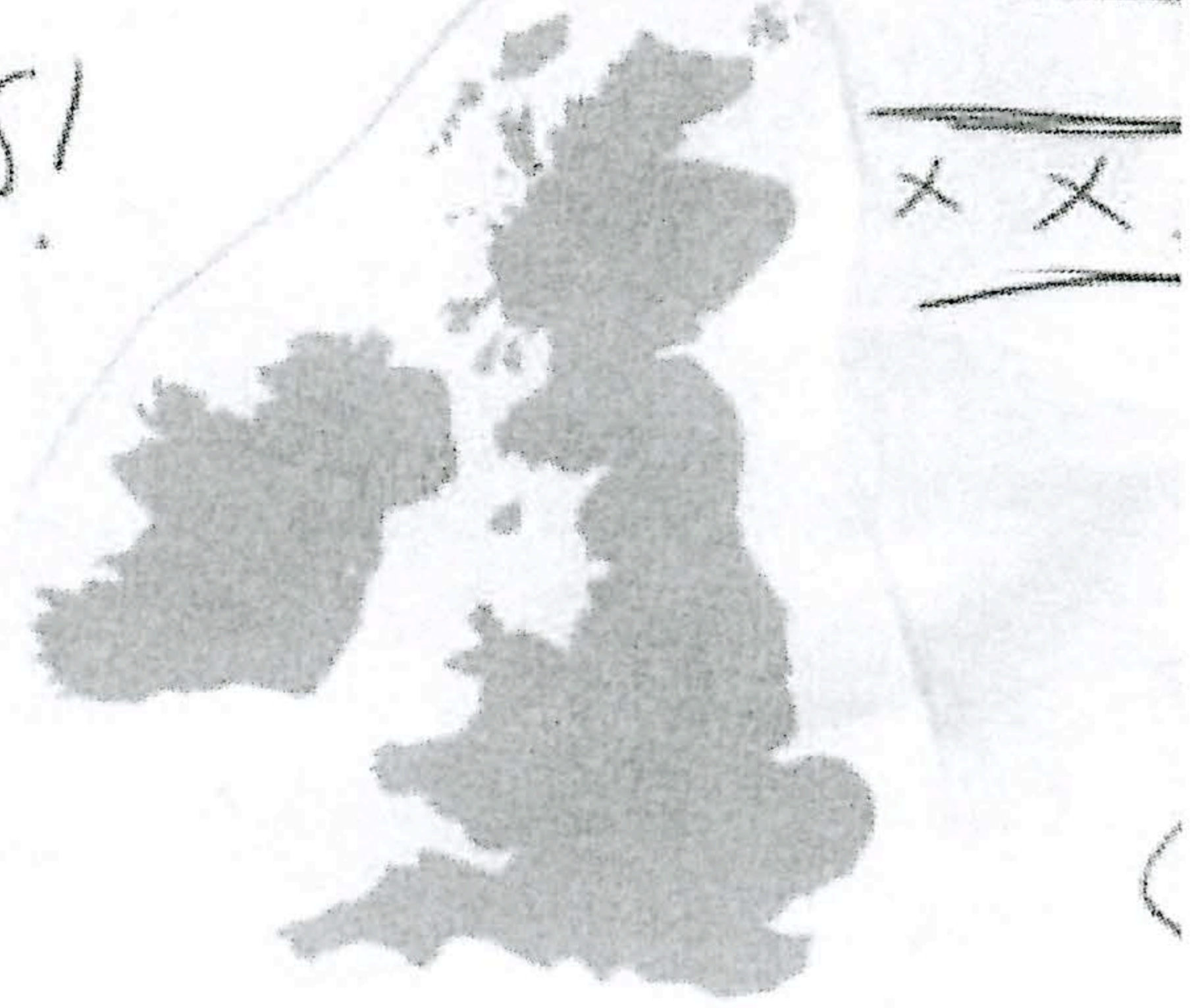
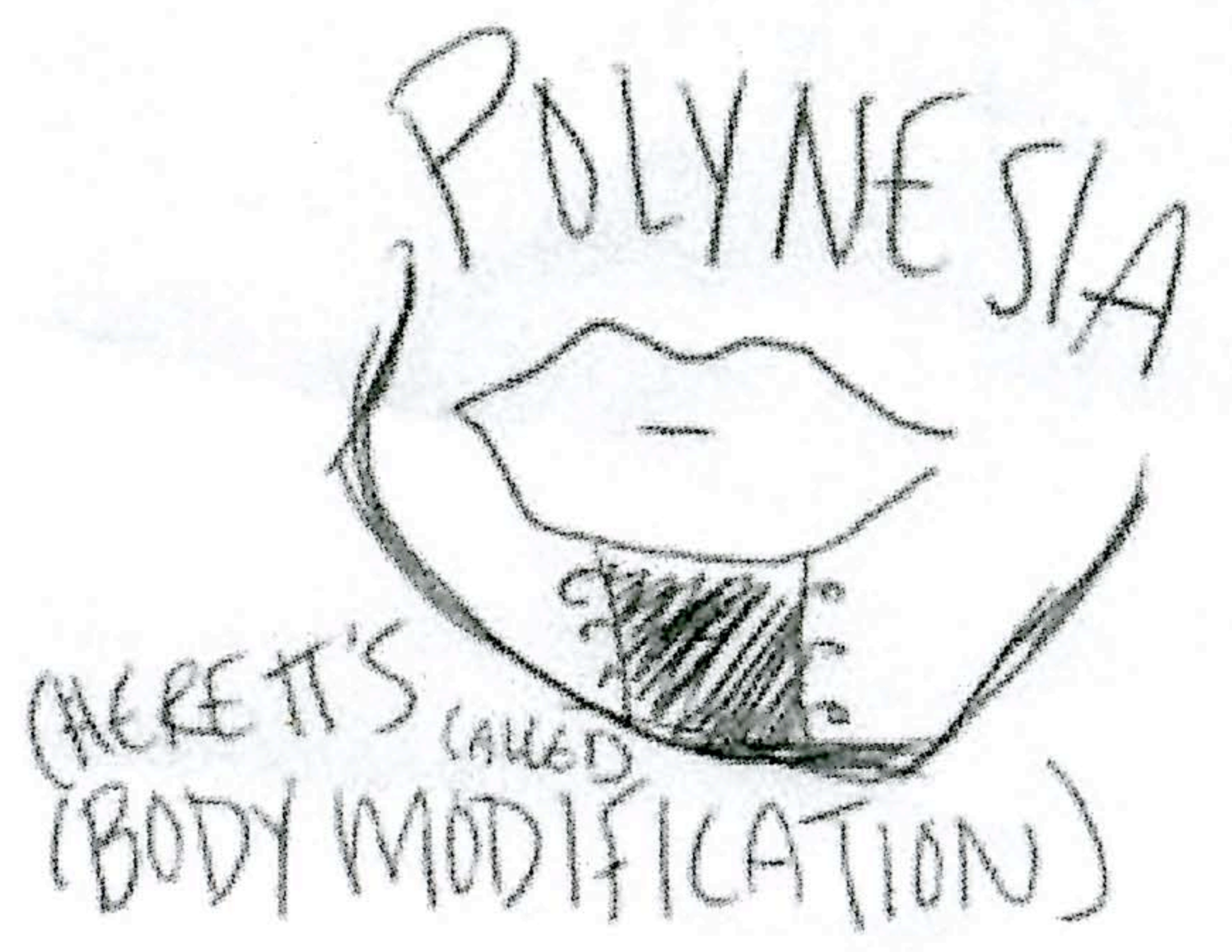
ha. pun. behind



CURVES!



LIP + CHIN TATTOOS!





OR "GIRAFFE WOMEN"

LONG NECKS + RINGS!

CULTURES WE ARE A PART OF

# CULTURES

TRADITIONS WE ARE FOLLOWING



SCARS ON STOMACHS + BACKS!

(HERE IT'S CALLED SCARIFICATION)

CAN THERE BE A PLACE THAT ACCEPTS EVERYONE?

ALLVOICES.COM



the look on her face, she says she wants to move her left hand, stat.

My cousin is 8 years old. She thinks that she's fat. She told her "larger" friends that they can't be friends anymore because they're a bad influence. She stuffs her bra. She wants to bleach her hair blonde. She can't so she wears a wig. She wants to try tanning beds. She wears make-up. She doesn't want to play music anymore, she wants to model. I tell her she's beautiful, she argues that she's ugly. Something needs to change.

that they're a bad in-  
group activities, like  
trends plus a conu-

of something like  
int'l get in  
men  
er. W  
ould I do?

STOP HATING.

# Start Loving?

• RESPECT yourself.

• Body shape is 85% inherited.

• STOP comparing yourself to others!

• spend less time in front of the MIRROR

♥ TELL ♥  
YOURSELF:  
♥ I ♥  
AM BEAUTIFUL ♥

• DEVELOP YOUR OWN STYLE!

• FOLLOW UP with negative thoughts + OPES!

• Stop HIDING!

• Make a list of things you like about yourself.

LOOK for the beauty in others

breathe.

EXERCISE

• Realize your unique traits

# 35%

of American women polled loved their breasts; 25 percent loved their legs.

—2011 survey by Mama Mio Skincare

• Accept compliments GENUINELY.

# Fuck cultural

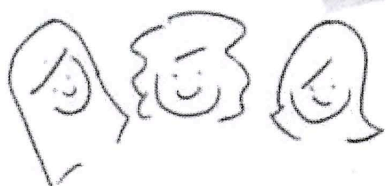
beauty standards and the beauty myth...  
Real beauty doesn't come from a knife or a bottle. Real beauty comes from the



Be healthy. Be happy. Rise above.

Communicating Gender Diversity





BY:-

MEGANDUFF  
ELLIE GREEN  
PAOLA PRATT