

Body Positivity (Y9-Y11)

Body positivity - a journey to self-acceptance

My body, my home



Our PDS project was centred around something that gained immense popularity in the last few years - body positivity. The goal for the members of our wonderful team was to write stories, articles or speeches about that topic, in order to create a sequel to Natalia Mialik's "Nie obraż się, ale..." - a fantastic book about beauty standards in the media and their harmful impact on society. We actually got a chance to meet the author in person, when she came to our PDS to discuss what specifically we want to write about and she provided us with some amazing advice and ideas!

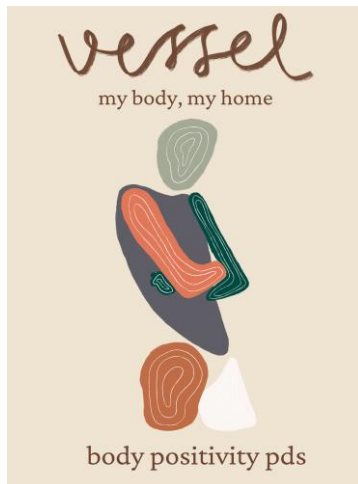
The majority of our pieces derive from personal experiences, which is why this project is so important to us. We wanted to show different perspectives of body positivity in various communities. In our book you will find works revolving themes such as: anorexia, diet culture, body shaming, beauty standards overall, but also in relation to the non-binary community, body symorphia, and a concept that we would like to introduce to you - body neutrality.

Thanks to pursuing this project, we were able to develop skills like teamwork and efficient communication for the whole process to run smoothly. It was also a great opportunity to flex our creative muscles to produce all the pieces that you can view inside of our book. We also put our designing and content-managing skills to the test as we had to create the cover, settle on a template and colour palette and arrange all the contents.

But what we think is one of the most crucial things we have learnt throughout this experience is something about ourselves. While writing, each of us had to look deep within our memories and self-perception and put it all on paper. It was a very cleansing and fascinating adventure into self-discovery for all of us.

We hope that through this project we can encourage our peers to take a different perspective on their body and begin their own journey to self-acceptance. We think that the pressure of the world that relies on the aesthetics and beauty of everything around us needs to be addressed so that we, the young generation, can stand together to solve this issue.

Here you can see a sneak peek to our hard-work, which is the cover of our book, done by Emilia Chałupczak - one of the members of our group.



Reflections

“To me this project was all about self-discovery. The hours spent before the computer, writing and rewriting pieces of my story, prompted me to thoroughly analyse and declutter the emotions I attached to this topic. To put my thoughts on paper, I needed to get them in order first and this PDS allowed me to do that. Not only has the range of personal perspectives known to me broadened, but I feel like I took another step on my path of self-acceptance – which if it weren't for this stimulating push out of my comfort zone, I most likely wouldn't have taken.” - Jagoda

“This project made me rethink how I actually perceive body positivity and where I fit into all of that. It was so interesting to dive into my own mind and search for the truth about my self-image and what I want for myself and other people to take out of this project. Seeing the different perspectives on the notion and the diversity of topics that we touched upon, really left me with a lot to think about. Self-love is a tough concept and the difficulty of achieving it is really undermined by the modern media, but everyone deserves to experience this wonderful feeling when you look in the mirror and think that you look good. This project led me to a lot of self-reflection and helped me believe that I also deserve to experience that feeling.” - Gabi

Our project manager: Natalia Jakubowska

Our team: Emilia Chałupczak, Jagoda Szubert, Lubaba Shaki, Gabriela Raczyńska, Wiktoria Hulewicz, Hanna Karasińska, Matteo Cooper, Monika Wieczorek