

## Reflection by Anisa Rafaqat

Society has an ideal. An ideal for everything. The perfect 'house', the 'perfect' family but what aggravates me the most is society's ideal for the 'perfect appearance'. As a female, I am constantly pressured into thinking there is a specific way I should look. Am I too thin? Too thick? Is my waist small enough? What dress size should I be? Girls are never born feeling uncomfortable about their bodies. Its society who slowly offers them a comforting yet toxic solution to their insecurities: social media. Every day hundreds of celebrities post photos of their perfect figure, their toned stomach, stunning hair and their lustrous whites. It's ironic how celebrities embrace young girls to love their bodies and the way they look yet I have never seen a thick girl post a photo of her complete figure and proudly caption it. This needs to change.

Embracing the way females look is important as it shows diversity in society, further meaning that being different is proudly looked on. Going to the mirror is something every person does. But the fact is that many people aren't happy with what they see staring back. This needs to change. Rapidly. Instead of burying your imperfections, celebrate them. There is a crack in everything, that's how light gets in. Self-esteem works like the zoom lens on a camera. When we are feeling self-conscious, the camera is zoomed in tight and all we see is our flawed selves, alone and struggling. This lens needs to be removed by the eyes of the world. Zoom out and we see that everyone is the same. Equal. We need to see ourselves as a whole image, not a single shot.

That cliché saying of 'don't judge a book by its cover' is very true. The way you look and the person you are inside are completely separate. You could look like Snow White but have a personality like the evil witch. If we as humans started to accept and appreciate everyone including their differences and flaws we together can overcome this stereotype of exterior beauty, and start admiring inner beauty.

Instead of liking a random picture off Instagram, why don't you verbally compliment a friend?