BODY

body positivity ≠ fat liberation

Body Positivity: is a movement centered in self love. Those who call themselves body positive work towards seeing their bodies and their selves positively. This movement, which was originally created by fat liberationists "organizing and mobilizing against fatphobia", was co-opted by "thin, conventionally attractive, white women" (Simon).

It's crucial to tackle fatphobia through fat liberation. While body positivity offers individuals the opportunity to center themselves and work on self love, getting rid of fat stigma is the end goal for all. In a study by Hayes & Tantleff-Dunn, out of 121 girls aged 3-6, "nearly one-third of the participants would change something about their physical appearance and nearly half of the girls worried about being fat" (Hayes and Tantleff-Dunn). The very fear of fatness holds girls back.

POSITIVITY

L I B E R A T I O N
F A T

Fat Liberation: this movement is known to "celebrate fat bodies and remove stigma from fatness in a long-term and meaningful way" (Simon). While body positivity is—like girl power—an individualistic movement centered in self love, fat liberation is a movement centered in uprooting the oppressive stigma around fatness. The fat liberation movement works towards fat acceptance.

"Fat is also a queer issue, and a racialized issue, and an issue of class—because fatness is inseparable from all other intersections of identity"

(Simon).

There's this myth in existence that says fat people don't get cat-called or experience encounters with the male gaze. This myth is dangerous. Everyone needs to understand consent and that nobody has the "right to offer their two cents on the state of your body" (Gevinson). Girls are not "too slutty, too prudish, too fat, too skinny;" girls have the right to exist in their bodies as they wish and people ought to treat them as such (Gevinson).
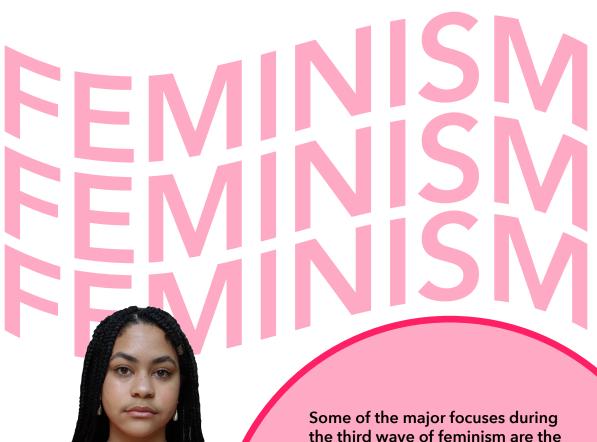
GIRL POWER

Girl Power: rooted in neoliberalism, "girl power offers girls and women a sense that they can choose when to be girly and when to be powerful, when to be mother and when to be professional, when to be sexy for male pleasure and when to be sexy for their own pleasure" (Zaslow 3). Girl power benefits corporations within a neoliberalist and capitalist society – it is not equivalent to feminism.

" Girl power will benefit corporations who profit from girls' culture but will not serve girls themselves **"**

(Zaslow 5).

" Girl power does not require an investment in social change **"**

(Zaslow 6).

girl power ≠ feminism

While girl power may seem synonymous with feminism, it's not rooted in the same ideals or goals. Girl power is seen "as an individualistic stance rather than a collective achievement" (Zaslow 9). Feminists believe in working towards the collective achievement of equality and equity for all people. If girl power benefits corporations and does not require social change, it is working against the feminist ideals it claims to work alongside.

Feminism: according to scholar, activist, and feminist, bell hooks, "feminism is a movement to end sexism, sexist exploitation, and oppression" (hooks). Feminism is rooted in ending oppressive systems and structures. It centers in community rather than individuality.

FEMINISM
FEMINISM
FEMINISM

Some of the major focuses during the third wave of feminism are the following: "issues of the body (objectification, violence, reproductive rights, sexuality, sports, and work), difference (between women and men, as well as among women in terms of sexuality, race, class, ethnicity, and nationality), and the public versus private (work and home, personal and political)" (Zaslow 26).

NEGATING the
GENDER BINARY

Gender: someone's "gender is the complex interrelationship between three dimensions: body, identity, and social gender" ("Understanding Gender").

Social Gender: how we present our gender in the world and how individuals, society, culture, and community perceive, interact with, and try to shape our gender" ("Understanding Gender").

Gender is not binary. Gender is much more extensive and comprehensive than the binary gender assumptions of boys and girls. A person's gender identity can be what they were assigned "or differ from the sex they were assigned with at birth" ("Understanding Gender"). The identities that people align with are typically "binary (e.g. man, woman), nonbinary (e.g. genderqueer, genderfluid, etc), or ungendered (e.g. agender, genderless) categories" ("Understanding Gender").

Bodies are not binary, either. There are not just female and male genatalia. Intersex bodies display that "sex exists across a continuum of possibilities" ("Understanding Gender"). A person's relationship with their body and identity can be vastly different than another's. Informing people of this and working towards more inclusive legislation that gives LGBTQAI+ people rights will only help people understand themselves better and work towards a future where all people can feel harmony in their gender.