

Jewell Washington

Professor Scaife

Composition 1

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### Inner Beauty

I was like any other high school girl. I was somewhat like a turtle, came out of my shell when i felt comfortable, but quickly went away when I felt scared. My peers that didn't exactly see me as equal is what scared me the most. Sticking around people that saw me as one of them is what made me feel like I was somebody. It was a sunny and breezy day on September 16, 2014. The sky was so blue and beautiful. It was filled with fluffy clouds as if they were marshmallows floating in the sky. I could hear the birds chirping as if they were singing. This was the day I decided I would stop being the one to hide behind others and come out of my shell and be myself. I have been sitting across from him for a while now and today I finally got the nerve to ask him out. His name was Christian Garcia. We were in the same math class together for 2 years. He was just the cutest guy I have ever seen. He had the most amazing green eyes. I liked how they would sparkle when the sun beamed on them through the windows. He always dressed so nice when he came to school. He seemed to dress as if he was a model. His skin was amazing. The color reminded me of the candy caramel. I loved the smell of axe he wore every day when he walked passed me to sit down at his desk. Me

and him didn't speak to either that much but, every once in awhile he would say hi to me. I wanted to stop being afraid and shy and take a risk. I decided that risk was going to be today. I could feel my heart beating so fast as if was going to explode out my chest. I got out of my seat and I slowly started to walk towards him. My palms were getting sweating the closer I got to him. I finally was standing in front of him. I called his name to get his attention because he was talking to one of his friends. He didn't answer me the first time so I said his name again. He then stopped talking to his friend and looked at me. I said hi to clear the air. He said hi back to me. I then responded back to him by telling him that I liked him and did he want to hang out after school sometime. He smiled and looked straight at me and said clear as day I don't date big girls. When I heard those words I felt as if my whole world was crumbling around me. What made it even worse his friend that he was talking to earlier started to laugh at what he said. I immediately walked back to my desk and sit down feeling so embarrassed. The rest of the day all I was thinking to myself was I wish was at home right now. was didn't respond back to me so I asked him again. When I got home from school I ran to my room and slammed the door. I then got on top of my bed and began to cry my eyes out. I cried my eyes out for hours till I fell asleep. When I woke up the next morning I thought to myself am i not pretty. Do guys not find me attracted because of my weight?

Self love has very little to do with how you feel about your outer self. It's about accepting all of yourself

- Tyra Banks

Ladies why is it most guys only see the outer parts of us? Today in this generation we can say guys are assholes. They make us feel like if we are not skinny and have a big ass we are not pretty. I can tell you from personal experience it gets better and you start to love yourself more as you get older. Growing up I have always been a plus size girl because I come from a tall and plus size family. Being in high school that is the point in your life when you start to find yourself. I know it is hard enough as it is going through puberty and trying to pass classes, let alone getting teased by other kids because you are plus size and taller than most of the girls in your school. You get bullied for the one thing you feel self conscious about. The day after I was rejected by Christian my mom came in my room and we had a very close and personal talk together. My mom sat next to me and told me something that i will never forget. She said that everyone has insecurities about their appearance even guys but don't let them get to you because god made each and everyone of us special and different for a reason. You are a very smart, beautiful, loving, caring, **BIG** girl and there is someone out there for everyone. I know there is someone out there for you that god made specially for you. From that day on until the day I graduated high school I took what my mom told me to heart and I still do till this day.

If you got beauty beauty just raise 'em up

'Cause every inch of you is perfect

From the bottom to the top

Yeah, my momma she told me don't worry about your size

She says, boys they like a little more booty to hold at night

You know I won't be no stick-figure, silicone Barbie doll,

So, if that's what's you're into

Then go ahead and move along

- Meghan Trainor

So in order to better understand this topic I chose I decided to make a class survey get multiple views on it In the survey I made i asked five questions, Have you ever felt self conscious about your weight, height or both? If yes tell a situation. How many of you have low self esteem? Why do women judge other women on their appearance? Have you ever been rejected by someone because of your appearance? The data I got from these questions were amazing and interesting. There was two responses I read that stood out to me it said “yes, I have always been overweight so I always had a bully to conquer. But I have the confidence of a runway model.” The other response was “my parents made sure I never felt inadequate about my size. And always surrounded myself with people who appreciated me for me.” These particular responses stood out to me because I could relate to them. In high school I had the chance to be friend some amazing friends who liked me for me. They didn’t see my size they saw the good parts of me like my personality. I too surrounded myself around people who didn’t judge me or put me down for their own self gain. They liked me for who I was. I had bullies in high school. I had one bully that made fun of me because I use to wear my jacket all the time. I wore the jacket because I was so insecure about my body and I didn't want anyone to see me. In the data I got from my survey I saw that 37.5 percent of the ages 18-21 is where most people feel inadequate about their appearance. I also saw that 6.3

percent of the ages 25-30 is where most people start to come in one with themselves and loving who they are. As you get older you don't take what people say about you to heart. There are people out there who will judge you based on your looks but, that's okay because you know who you are. You are beautiful from head to toe and don't let anyone tell you differently. I am a grown women and in college being successful. I know one day god will send the right person in my life and that person will love me completely.





### Works Cited

Jewell Washington, Inner Beauty, 4 February 2016.