

## #FlawSome: Becoming Extra Awesome from Plus-Sized Flaws

Are you concerned with your plus-sized body, as if your size does not fit the expectations of the society? As a millennial, being calculated with our physical appearance often lead us to bringing ourselves down, but to tell you, you are not alone. A qualitative study entitled “No Body's Perfect: Uncovering the Reactions and Insights of Oversize Millennials Experiencing Fat Shaming” became a head turn in the Annual Research Convention held at Kidapawan City last March 2018. This study of senior high school students, Norielee Abalayan, Al O. Aguilar, Giane Abril B. Collado, Jaroe A. Lanoza and Ritchie B. Romayla envisions to get the response of Oversize millennials that age ranges from 15-18 yrs old. Aiming to tell that they are not alone, the researchers come up to the idea to establish a wide perspective towards accepting these flaws and making it into strength to surpass fat shaming.

“We can see that fat shaming is very rampant in the current society today that it can trigger as a source of bullying. The bullying of an actress over social media and the evident bullying to plus-sized teenagers create an issue over psychological and mental aspect of a teenage life. This made us feel that we have to take an immediate response to know what these millenials feel whenever they encounter these kinds of situations”, stated Norielee Abalayan as she highlights the effects of body shaming through the responses of their participants.

**Affected.** The response of the participants utter the same perception, they became influenced with the people’s harsh perspectives. Their physical or body size became an agony. This lead them to give up, get easily depressed, and become too conscious about their appearance. This creates a limit in behavior, either at school or within their peers making them feel that being fat can make them feel like they are at the rock-bottom, without anyone to hold to, without anyone to make them feel that they still exist.

**Depressed.** Peer pressure and discrimination always lead them to fall in their darkest despair. They became too depressed with who they are physically. The sorrow and the disappointment drag them to think that they are unable to be normal and feel like themselves at all. They think too much that they hide the pain within themselves and let it explode beneath their wounded hearts.

**Ashamed.** Fat shaming does not only make them feel ashamed of their body, but also make them ashamed of themselves. From different views of their peers, it can be seen that fat shaming can lead to bullying. Because of size discrimination, they became less sociable because hate always comes in the way. They became unconfident of what they do, set high walls for themselves and not climb for it for they are afraid to be judged by the world because they think they are not normal.

“We know the sentiments of the students that experience fat shaming, and we can cure their wounds through make the students become educated with what they feel. We have our open hands to these students to make them feel beautiful inside and out,” stated Madam Jingle Navarez, the Basic Education Department Guidance Counselor.

These responses are quite unpleasant to hear because sometimes, we make fun of plus-sized people never knowing the pain they hide inside. Like being pierced a thousand times with a single needle, we laugh at their imperfect posture, not understanding what they feel. They are also humans, like us, longing to take courage and learn how to fly. We must start it now.

We ourselves are also not perfect in our own different ways. We must also learn to respect and give them the equal rights to be normal. Let them feel that they are welcomed and are beautiful with their size. Make them envision the path they are into. With open arms, let them see that they are accepted and they are like us, humans too.

They have flaws, we all have flaws. No body’s perfect. This qualitative study shows that there is so much more that we have to learn from different people, like the plus-sized millenials who experience fat shaming. We have to let them feel that there is no need to be ashamed of. Fear is our only enemy, fear to be judged of, fear to be called different. So let them fly, let them become extra special, let them sing until they sing no more, for they are like us, and like us, they are extra awesome even with plus-sized flaws.

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