

By: Elizabeth Perry



This is me.

AN APP THAT HELPS YOU FIND LOVE AND APPRECIATION FOR YOURSELF AND YOUR BODY.

EVERYBODY IS DIFFERENT AND EVERYBODY IS STILL BEAUTIFUL.



Body Image

- ▶ People of all ages, races, social status', genders, and sexualities are suffering from body image issues.
- ▶ 40-60% of elementary school girls are concerned about their weight or about becoming “too fat” and at age thirteen, 53% of American girls are “unhappy with their bodies.” This grows to 78% by the time girls reach seventeen. By age 60, 28.7% of women feel “dissatisfied” and 32.6% feel “self-conscious” about their bodies.
- ▶ Surveys on male body image found that 20 percent to 40 percent of men were unhappy with some aspect of their looks, including physical appearance, height, weight, and muscle size and tone.
- ▶ Often, people who struggle with body images issues are gaining insecurities as a result of the media. Movies, television, social media apps, and magazines are all responsible for the depiction, glorification, and obsession with specific body types, races/ethnicities, ages, and appearances overall.
- ▶ The impacts of said components range from body dysmorphia, eating disorders, anorexia, mental health issues, and in worse cases depression and suicide.
- ▶ To minimize and ultimately end such results of the media's body image and ideas and standards of beauty something must be done. That's where the app *This is me* comes in handy.

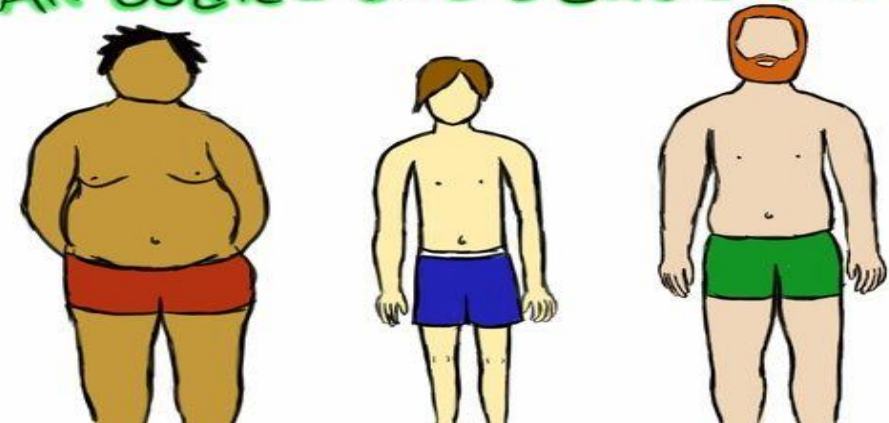
What is *This is me*?

- ▶ *This is me* is a social media app, that is a mix between Pinterest, Instagram, and Tumblr, except it is a safe space.
- ▶ People of all ages are encouraged to spread “body positivity” as well as share their journey’s in achieving it. People will be able to post inspiring pictures, videos, quotes, stories, go live, and chat with each other.
- ▶ All forms of bullying and harassment is banned, and if said issues are found within the app the person or people administrating it will be permanently banned and heavily fined.
- ▶ This app will also consist of round the clock psychiatrist's, social workers, and other qualified professionals there to speak with users 24/7.
- ▶ Additionally, the app will host virtual group meetings and one-one sessions with professionals to help users who share similar issues and characteristics.

What Will This is me do?

- ▶ *This is me will teach individuals that nobody looks the same, and nobody has too*
- ▶ *It will allow people of a young age to recognize that diversity and staying true to themselves is the key to their happiness and success, while teaching people of an older age that they are just as beautiful as the next person and that is it never too late to understand their self-worth and importance in the world.*
- ▶ *This is me will prevent people from going down the road of self-doubt and prevent them from comparing themselves to the people they see in Hollywood or online.*
- ▶ *This app will also allow people to receive the social and professional assistance they need to be on the right path and journey in loving themselves and showing off their uniqueness.*

All bodies are beautiful ♥





This is me.

By: Elizabeth Perry



This is me is essential in the rendering of individual's perspective of what "beauty" is and how to achieve it. Starting with children and teens, teaching them it is okay to be different and that being different is okay.