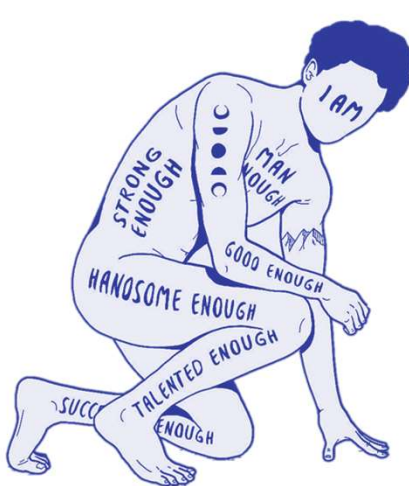


TIMELINE (PART 2)

Body Image Group
Session 3

1

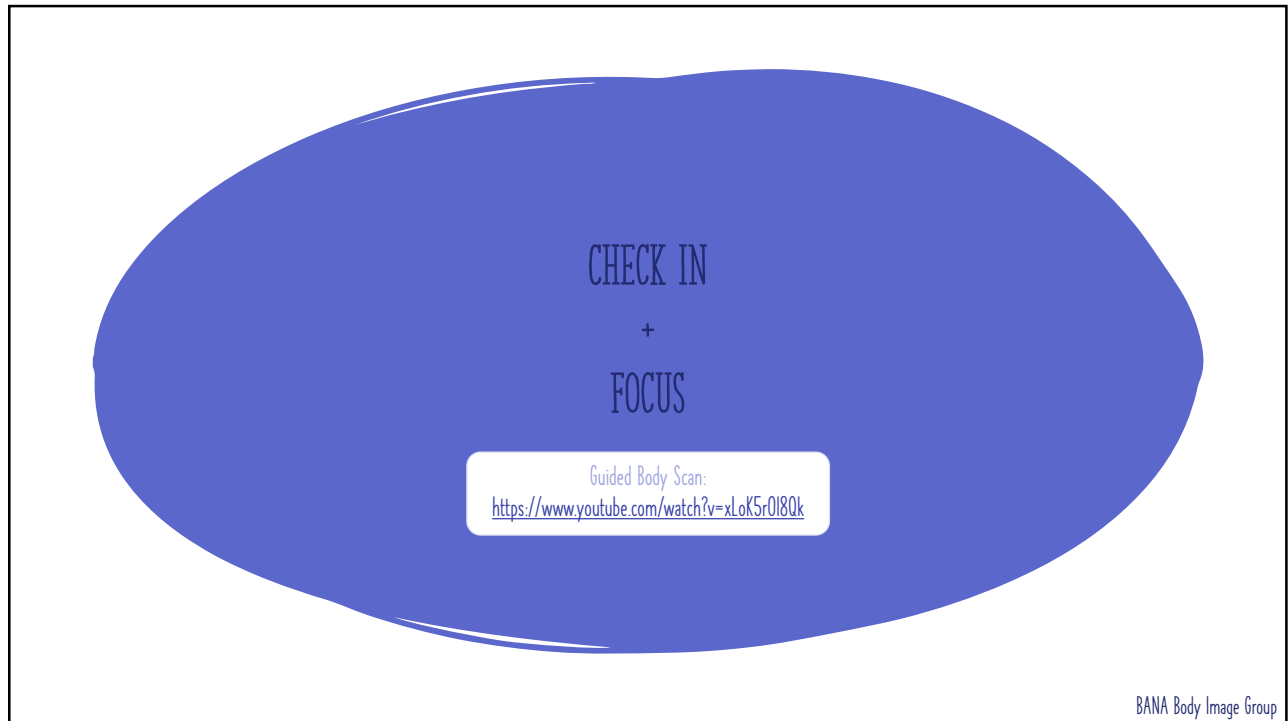


AGENDA:

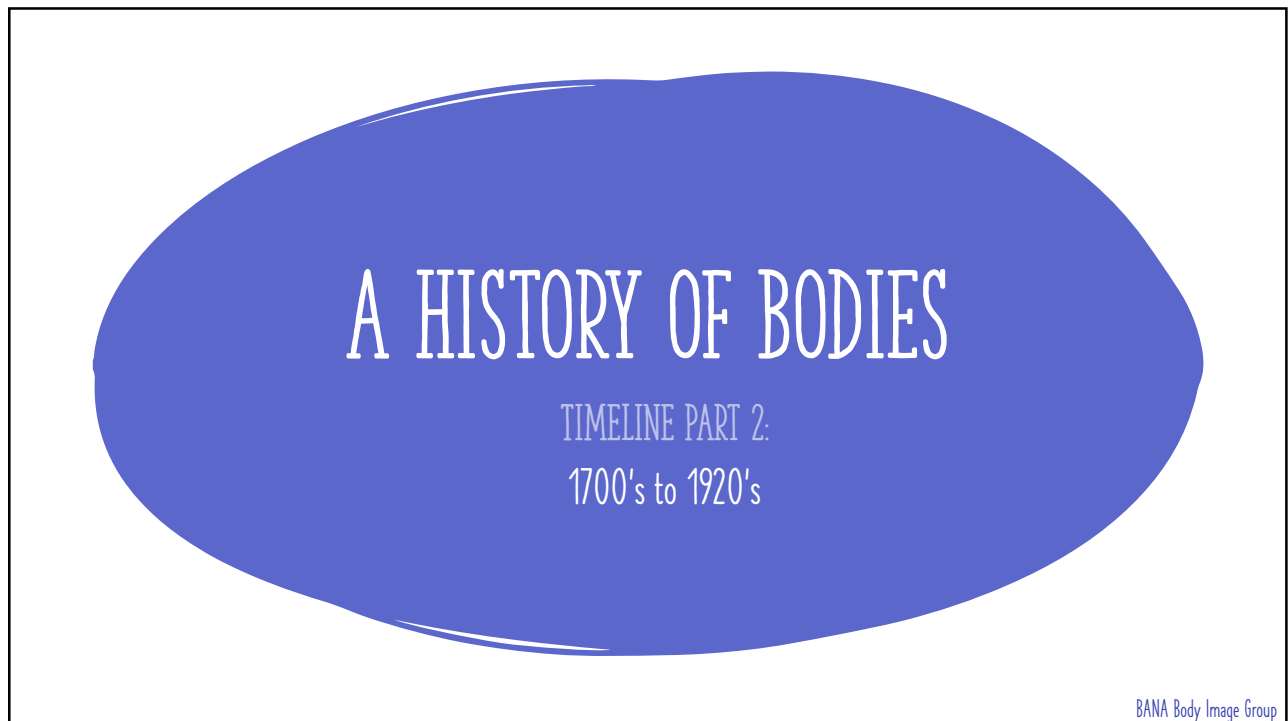
- Check In & Focus
- Review Homework
- Review Part 2 of Timeline:
 - Industrial Revolution
 - Puritanism & Explorations
 - Age of Reform
 - Rise of the Magazine
 - The 1900's Begin
- Check Out & Grounding Activity

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2



3



4

DISCLAIMER:

We can see throughout history the body has acted as a canvas for dominant discourse to play out.

This timeline will look at the various depictions of bodies through art, literature, & other forms of media, as well as the stories & ideals they tell from the time-period.
Please keep in mind, we will be referring to popular culture as examples & these may not all be relevant for you as an individual.

PLEASE NOTE: the following slides contain overt discussions surrounding classism, ableism, racism, colourism, eugenics, transmisia, cisheterosexism, misogyny, & misogynoir.

Our timeline will focus on body image in the Western world – with this comes inevitable gaps in knowledge & information. As the dominant culture dictated the narratives that were captured – & omitted – in historical documents & research, we will not be able to capture the entire scope of body image & human diversity.

PLEASE ALSO NOTE: this timeline serves as an introductory & basic overview of historical movements & events. Please see our reference list for continued learning.

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DISCLAIMER:

The ways in which we all experience the world are uniquely impacted by our various identities.

The lived experiences & identities of the facilitator(s) & all group members – both visible & invisible – will naturally differ.

We will all interact with the following content in deeply personal ways as we are all touched by this history.

We invite you to reflect on this in whichever way feels most meaningful to you.

If the content of this presentation is difficult for you, let the facilitator(s) know & please refer to our resource list for support.

"If we are struggling to reject the lies we've been told about our devalued identities, we will not be able to build healing relationships with others.
The devastating truth is until we are able to heal our internalized stigma, we will not allow ourselves the opportunity to be seen and loved for who we are"

(Kinsey, 2022, p. 30)

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RECAP:

As we enter the mid to late 19th century, we see that Europe is standing firm in its position as a dominant power in the world, heavily controlling societal narratives.

With fatness firmly linked to Blackness, the values of thinness & discipline became of the utmost importance in society.

Dictated largely by wealthy men & centuries of flawed research, new societal standards were popularized, which focused primarily on what to eat, drink, & wear.

These standards were limiting & exclusionary in nature, we see the enforcement of a gender binary, as well as trans & non-binary identities pathologized & erased from discourse.

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MYTH OR FACT:

As trade increased, people were more accepting of new cultures & readily embraced their integration into society

Anti-fat bias first occurred during the Transatlantic slave trade

There has always been a clear consensus on what the perfect body looks like

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8

MYTH OR FACT:

As trade increased, people were more accepting of new cultures & readily embraced their integration into society



Anti-fat bias first occurred during the Transatlantic slave trade



There has always been a clear consensus on what the perfect body looks like



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9

INDUSTRIAL REVOLUTION

(1760-1840)

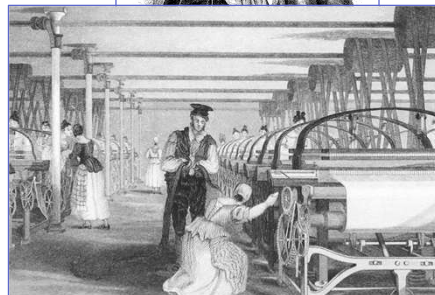


Illustration of power loom weaving, 1835, by T. Allon

Industrial revolution occurs & brings many changes:

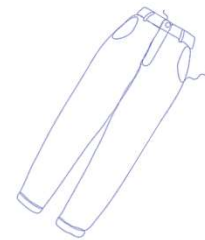
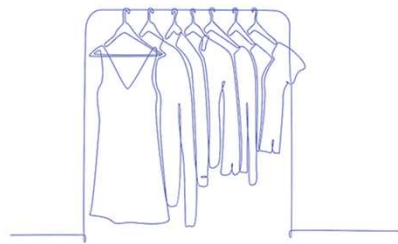
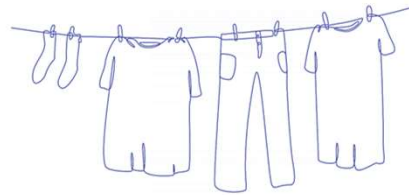
- Transition of hand made to machine made products
- Changes in agriculture (ie: drills, ploughs)
- Industrial regions led to increase in income
- Access to food increases, making it no longer a predominant status symbol
- People can store food
- Restriction heightens as way to distinguish social classes (thinner vs. fat, poor bodies)
- Introduction of ready-made clothing in standardized sizes, excluding fat & poor people
- Focus on imported fabrics for women's fashion

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REFLECT:

How do you think the change in clothing fabrication impacted body image?



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11

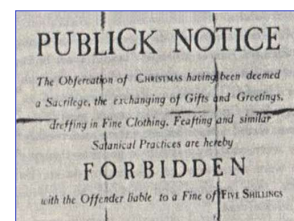
PURITANISM (1600-1800)

"Puritanism": religious reform movement, strict moral & Christian discipline

- Puritanism – mixed with a fear of fatness, Blackness, & devout religious ideals – lead to questionable medicine & diet regimes
 - Values of thinness & self-discipline became the utmost importance in society ("temperance")
- New colonial societies in the Americas founded on *the same* ideologies of Europe, as well as a renewed interest in religion
- Bodies became reflective of a nation's morality
- New rules & standards around how to eat & drink less
 - Pleasure in food was seen as sinful



Commonly referenced image of Puritanism; source unknown; accessed from History.com



1659 public notice in Boston deeming Christmas illegal due to the holiday being seen as 'impious' & 'trappings of popery' (term used to label Puritans Roman Catholic opponents).

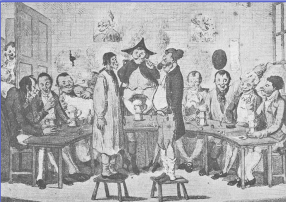
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PURITANISM

(1600-1800)

- Fat women were no longer considered beautiful & began to be linked to foul character
 - Publications began to ridicule fat women, encouraging them to lose weight or move to countries where they would fit in with "subpar" beauty standards
 - "The Ugly Club" - club made of men who sought to cope with their socially undesirable traits, such as fatness or visible disabilities - used their appearances as a badge of honor
 - While women were ridiculed, affluent men were able to twist the narrative to benefit them no matter their looks
- Predominantly see tall, slender white women depicted in art highlighting long necks & pale skin
- Society began promoting dietary restraint as a cure all for any ailment; a way to cleanse the soul & physical body
 - Physicians would starve themselves & use their weight loss as marketing
 - Patients would visit their doctors for spiritual distress inflicted by "sinful" eating



From 1806 advertisement reprinted in 1912 edition of Ye Ugly Face Clubb's papers; otherwise known as the "Most Honourable and Facetious Society of Ugly Faces," which gathered in Liverpool, England, between 1743-1754



Ann Ford (later Mrs. Philip Thoresen)
By Thomas Gainsborough (1760)


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13

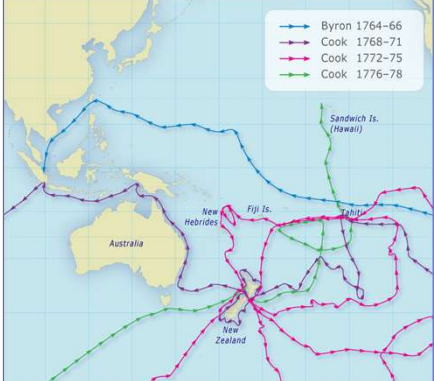
EXPLORATIONS

(1700 - 1800)

- Voyages in the Pacific ocean increased
 - Colonization practices shaped public opinion on non-white bodies & culture
 - Continuation of demonizing cultural foods & associating the "other" with fatness, now with Pacific peoples



"Captain Cook", AKA, James Cook (1728-1779),
by Nathaniel Dance-Holland (c. 1775)




Voyages of English interest - John Byron (1764-66) & James Cook (1768-78)

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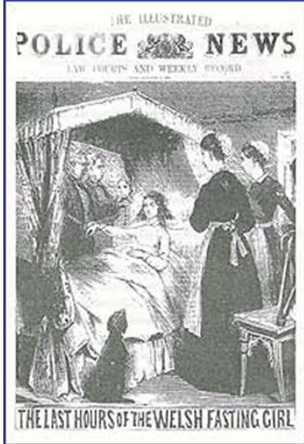
AGE OF REFORM (1800's)

- Reports of "fasting girls" became popular around the nation, spreading the idea that fasting was linked to God & moral superiority
 - Young girls would claim to fast successfully for years (however, most would secretly eat - & many even died from starvation)
 - Girls would lose their sight, smell, & taste and would view these as "powers" from God
 - Early versions of Anorexia Nervosa
 - These girls were often put on display as curiosities



Mollie Fancher, by unknown author






Sarah Jacob, by unknown author

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AGE OF REFORM (1800's)

- Racial categorization expanded within each group & it was no longer enough to be white; one must be the "right type" of white
- Body diversity & dietary habits became the main determinant of racial classification
- Newfound pride in the Protestant, Anglo-Saxon heritage as superior (ie: Thomas Jefferson & Sally Hemings)
- Anglo-Saxons depicted as the "pure" white race
 - Other Europeans depicted as part African & part Asiatic - we see rise in anti-Irish sentiment (ie: Anglo-Normans from Ireland or eastern Europe)



Thomas Jefferson (1800)
by Drew Gardner



Sally Hemings (1773-1835)

"The slave, when made free, is to be removed beyond the reach of mixture".
(Jefferson 1853)

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AGE OF REFORM (1800's)

- Predecessor to the BMI introduced – the Quetelet Index
 - Not intended for medical purposes
 - A way to categorize social ideas of the "average man"
 - Focused entirely on white men
 - Later used as justification for Eugenics (ie: reducing traits deemed undesirable, ie: disabilities, skin colour, SES); furthers idea that some races were inherently dangerous

Adolphe Quetelet (1796-1874)
by Joseph-Arnold Demianez



- New changes to limit liquor sales, a slew of new churches, & a greater influx of ministers becoming involved in the medical field

Wood engraving of Sylvester Graham, 1880



- Sylvester Graham, known for graham crackers, was a minister who promoted religious salvation through diet:
 - Animal meat, tea, coffee, spices, & sugar led to unholy sexual desires
 - Toured country preaching this, in hopes to restore diets in the eyes of God

"Taking all vegetable-eating nations together ... they are a larger and much better formed race than the flesh eaters".
(Graham 1835)

"It is only among those who subsist on the non-flesh diet, that the more perfect specimens of symmetry are found".
(Graham 1835)

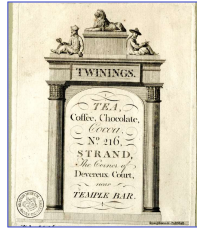
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AGE OF REFORM (1800's)

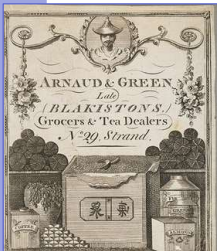
- Coffee houses (for men) & tea houses (for women) became popular as coffee & tea were brought into Europe during the Enlightenment era through trade

Trade card of Twinings, tea dealer & grocer (1769) - Trade cards Banks 68.139



- As exoticism & orientalism was also popular, coffee & tea became a status symbol & linked to intellectualism
 - Caffeine increased performance
- Eventually, during Age of Reform & temperance, anything deemed "exotic" became demonized
 - Linking it to the East (viewed as sexual & unholy)

ARNAUD & GREEN
(Ld)
[BLAKISTON'S.]
Grocers & Tea Dealers
• V 29, Strand.



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18

RISE OF THE MAGAZINE (1800-1900)

Table of Contents from Godey's Lady's Book, volume 23 (1841)

- New ideas regarding women's rights emerged
- Women's education through "ladie's magazines" ie: Godey's Lady's Book
- Taught women about temperance, self-regulation with food & sexual desires, & how to appear delicate / presentable
- Increase in sexual repression for women

Fashion plate from Godey's Lady's Book (1878) -unknown maker



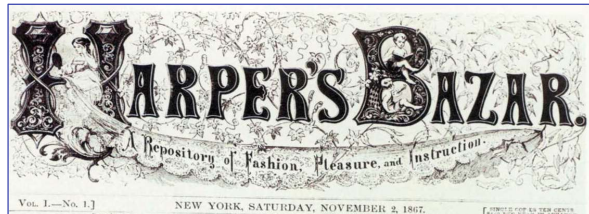
- Public "asylums" became common, with women more likely to be institutionalized for their opinions, sexual desires, emotions, & inability to be controlled
- Often referred by their husbands or fathers, "asylums" were used to prepare womens' return to society's misogynistic expectations of being the 'dutiful housewife'

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RISE OF THE MAGAZINE (1800-1900)

- Magazines, like Harper's Bazaar, began to appear & linked thin bodies to status & spread anti-Black / anti-fat sentiments
- Depictions of thin white women in jewels & fashion continued to link thinness to superiority & affluence
- Term "American Beauty" began to take off
- Venus archetype promoted as unhealthy & undesirable, despite being the "Goddess of Love" - a striking change from Renaissance notions of beauty

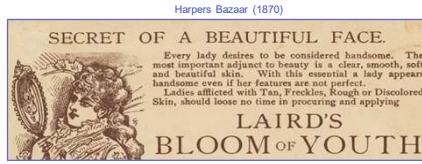


Harper's bazaar v.30.no.27-51 (1897)

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RISE OF THE MAGAZINE (1800-1900)



- Advice columns helped women correct their diets & shortcomings, & condemned them for gaining weight after puberty & in old age
- le: "For the Ugly Girls"
- Women's futures often secured through advantageous marriages, so they must be seen as desirable to men
- Magazines held considerable sway as they promised to help people uphold OR increase their social status in life
- Magazines would demean those attracted to fat women

- Concerns regarding how many people were starving, despite having access to food, emerged
- Doctors became increasingly worried women were taking beauty practices too far & becoming too thin

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REFLECT:

Can you think of any paradoxical beauty advice or guidelines people face today? (ie: skinny thick)




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RISE OF THE MAGAZINE


(1800-1900)

Ad from 1925
(source & exact date unknown)



Be Yourself—thrill all with the amazing hair-free beauty of your skin—simply rinse away unwanted hair from arms, underarms, and legs with Neez, the ready to use hair-removing cream.

Ad from 1946
(source & exact date unknown)



- Shaving was a common practice, but its impact on women was intensified through Charles Darwin's work
 - Hairy bodies were linked to primitivity & "lesser" forms of humans, making hairless bodies superior & more attractive
 - Medical professionals at the time linked to other beliefs - hair was then associated with violence & disease

- Hair removal was more actively promoted in magazines & incorporated into beauty routines
 - Women were told that hair was indicative of masculinity


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RISE OF THE MAGAZINE

(1800-1900)

Detroit Free Press in 19th century (exact year unknown)



Ironized yeast - weight gain diet fat (1934)



Wait,
what's the weight
trend again?

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LAWS

(1800-1900)

- Discriminative policies & societal interest in observing those who were othered (BIPOC, 2SLGBTQ+, people with disabilities, & those with body diversity)
- Immigration laws prevented people with physical or mental disabilities from entering the country
- Slavery abolished; however, segregation established & Black people continued to be inferior by law
- People believed Black & white people could not co-exist

- The Ugly Laws - anyone deemed unsightly were not permitted to enter public spaces until late 1970's
 - Recall: the "Ugly Club"
- P.T. Barnum's Circus; "freak shows" on display for onlookers
 - One of the only ways people with disabilities could gain employment
- Introduction of Residential Schools (1800s-1990s);
 - Systematically forced assimilation to "eliminate the savage"

THE LAW IS STRONG AND CLEAR.

Mayor Sutro and Chief Crowley Know That It Is Their Duty to Suppress Mendicancy.

Section 29 of the general orders of the Board of Supervisors, entitled "To prohibit street-begging and to restrain certain persons from appearing in streets and public places, reads" as follows:

No person shall, either directly or indirectly, whether by look, word, sign or deed practice begging or mendicancy in or on any of the streets, highways or thoroughfares of the city and county of San Francisco, nor in any public place.

On the conviction of any person for practicing mendicancy or begging, if it shall appear that such person is without means of support and infirm and physically unable to earn a support and livelihood, or is, for any cause, a proper person to be maintained at the almshouse, such person may be committed to the Almshouse.

Any person who is diseased, maimed, mutilated or in any way deformed, so as to be an unsightly or disgusting object, or an improper person to be allowed in or on the streets, highways, thoroughfares or public places in this city and county, shall not therein or thereon expose himself or herself to public view.

On the conviction of any person for a violation of any of the provisions of the next preceding clause of this section, if it shall seem proper and just, the fine and imprisonment provided for may be omitted and such person sent to the Almshouse.

It is hereby made the duty of the police officers to arrest any person who shall violate any of the provisions of this section.

Newspaper reprint of the 1867 San Francisco Ordinance

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REFLECT:

Some people are forced to 'mask' how they show up in the world, at certain times, to protect themselves. Are there any examples of this still today?





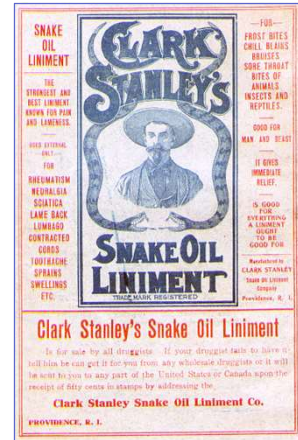
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13

TRAVELLING SHOWS (1800-1900)

- The rise of traveling "medicine shows" where "physicians" (not always legitimate) would try to cure those with disabilities & BIPOC
- Cultural appropriation became more prevalent:
 - Stereotypical depictions of wise, Indigenous people with ancient knowledge were used to market their medicine, making them caricatures and mascots
 - Rise of "snake oil", appropriated medicine from Chinese railroad workers
 - White men capitalized off Chinese workers' cultural medicines by making their own fraudulent versions with none of the same ingredients & selling them to others (these concoctions had no real medicinal use)
 - Human zoos displayed non-Western cultures as inferior & something to dominate



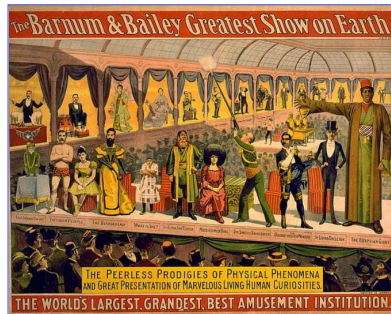
Clark Stanley: American herbalist and quack doctor who marketed a "snake oil" starting in 1893 as a patent medicine, styling himself the "Rattlesnake King" until his fraudulent products were exposed in 1916

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TRAVELLING SHOWS (1800-1900)

The Ringling Bros. sideshow lineup in 1924



1899 Barnum and Bailey's "Greatest Show on Earth"



PT Barnum & General Tom Thumb


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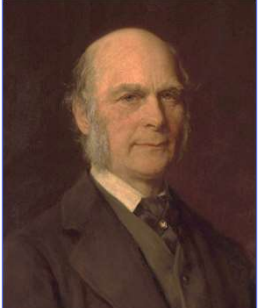
EUGENICS

(1800-1900)

- Rise of eugenics by Francis Galton (Charles Darwin's cousin):
 - "The Practice of improving the human species by selectively mating people with specific desirable hereditary traits. It aims to "breed out" disease, disabilities & so-called undesirable characteristics from the human population" (History.com, 2017)
 - Eugenists hoped to "perfect" the human race (ie: white) & aimed to do so through sterilization, segregation, etc.



1930s exhibit by the Eugenics Society. Two of the signs read "Healthy and Unhealthy Families" and "Heredity as the Basis of Efficiency"



1882 portrait of Galton by Gustav Graef

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ARYAN RACE NARRATIVE

(1800-1900)

- Irish immigration declined; no longer considered "foreigners" & undesirable
 - Southern & eastern Europeans were defined as being a "hybrid" people, closer linked, although considered a bit more "civilized", than their African and Asian counterparts
 - Xenophobic tensions focused on southern & eastern European immigrants; see a rise in antisemitism
- Another shift in racial categorization occurs; larger emphasis on the Aryan race as the superior race
 - New publications, like Cosmopolitan, pop up praising Aryan heritage



COPY OF THE NAZI-ISSUED NUREMBERG LAWS: September 1935, German Jews stripped of their citizenship, reducing them to "subjects" of the state

→ Continuation of racial theories based on geography & physical differences, demeaning African & Asian peoples



March 1894 issue of The Cosmopolitan

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LABOR PRACTICES

(1800-1900)

- Policies put in place to reduce further unwanted immigration (some lasting until the 1940s)
- Increase in Chinese immigrants intensified hatred & fear of the "other"
 - Public concerns regarding immigrant workers staying & integrating into society
 - Stereotypes of Asian bodies/features as morally "ugly" or "evil" increased
 - Caricatures of Asian people with round bodies & faces supported ideas of fatness, undesirability & the "other"

→ Desire to develop the country cheaply led to using non-white people as "disposable" workers for dangerous jobs

- I.e: Risk of death of Chinese & Indigenous workers building the Canadian Pacific Railway



From 1861 to 1884, nearly 16,000 Chinese landed in Victoria on their way to work on the Canadian Pacific Railway in British Columbia's interior

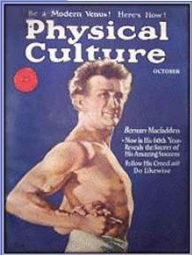
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PHYSIQUE CULTURE

(1800-1900)

- Olympics are brought back from Ancient Greece, resurfacing the connection between the perfect Greek body & athleticism, as well as giving rise to physical culture that continues today
 - Germans in particular were interested in this & - coupled with the intense nationalism at the time - fed into the Aryan race narrative
 - Ideas about the innate link between Germans & Greeks were spread by famous minds like Nietzsche, positioning Aryans/Germans as the epitome of man
- Muscularity/masculinity was reinvigorated during a time where women's rights advanced significantly
- Bernarr Macfadden, an enthusiast of Graham, was fixated on defining the ultimate male ideal & made one of the first bodybuilding magazines, "Physical Culture"
- Magazines informed men that it is up to them to choose to be strong or miserable / weak, "like a worm", reminding men that their appearance is tied to their character



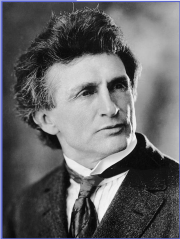


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PHYSIQUE CULTURE

(1800-1900)



Bernarr Macfadden, 1910

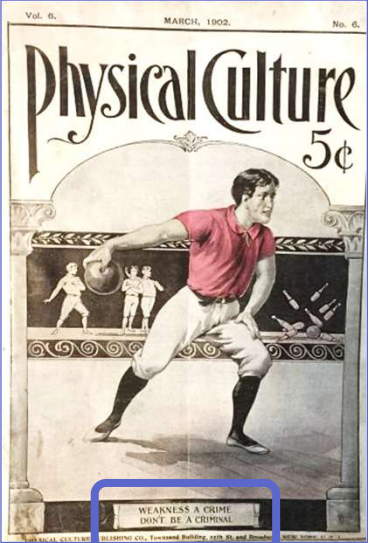
- Bernarr Macfadden made one of the first bodybuilding magazines, "Physical Culture"
- One of the first "fitness influencers"
- Felt the 'd' at the end of his name was not masculine enough, so removed it

"It is literally true that you are half dead if you do not give the muscular system its proper use."
(Macfadden, 1915)

"Avoid too much variety at one meal."
(Macfadden, 1915)

"There can be no beauty without muscles."
(Macfadden, 1899)

"White-flour products are not a food, but a slow-acting poison."
(Macfadden, 1915)



Vol. 6. MARCH, 1902. No. 6.


WEAKNESS A CRIME
DON'T BE A CRIMINAL




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REFLECT:

What do we learn in BANA treatment, & how does it differ from Bernarr's (or similar) pieces of advice?








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GIBSON GIRL

(1800 - 1900)




Love in a Garden (1901) - illustration by Charles Dana Gibson

- Weighing became more accessible with advancements in scales, leading to a new interest in weighing at home and at the doctors
- New beauty icon, the "Gibson Girl", a very tall, slender, & white drawing
 - Advertised as the century's "New Woman"
 - Swept the nation & became the body ideal across the country
 - She appeared in all major news publications & mainstream media
 - Gibson, who sketched the icon, noted her exceptional beauty came from natural selection over centuries of purebred procreation among those with the necessary European heritage
 - Women were told the exact weight & waist measurements of the Gibson Girl, to position themselves in direct comparison
 - A predecessor to Barbie, as she was a fictional woman with unrealistic proportions that was presented as a body ideal



Iconic Gibson Girl portrait by its creator, Charles Dana Gibson, circa 1891



Gibson Girls (1898) - illustration by Charles Dana Gibson

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KELLOGG

(1800 - 1900)



Dr. John Harvey Kellogg, 1915

- Kellogg (from the cereal), a religious businessman & doctor, was concerned with refining the average American's diet to best preserve Anglo-Saxon race:
 - Kellogg attended Graham's sermons, cementing his budding ideas that having too much food, especially meat, & indulging in one's body's cravings were sinful acts
 - Kellogg created the "Race Betterment Foundation"
 - An early member of the American Medical Association, Kellogg's views were influential across the country

"The world needs a new aristocracy, made up of Apollos & Venuses & their fortunate progeny".
(Kellogg, 1915)

AMA spent many years closed to the public while deliberating admission criteria - lead to massive influx of members once it opened its doors (going from 8,000 members in 1901 to 70,000 in 1910).
Once fully established, new members eager to learn - from what was now considered the authoritative body - accessed Kellogg's pre-established literature & research base, thus influencing their own work.

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KELLOGG

(1800 - 1900)



Dr. John Harvey Kellogg, 1915

"Flesh, condiments, eggs, tea, coffee, & chocolate all have a powerful influence ... these exciting causes are insidious ... they work the ruin of children ... once aroused, there is no room for reason or for conscience".
(Kellogg, 1881)

- Kellogg believed food & water should be used as medicine, & highlighted dire importance of what one puts into their body
- Led to the creation of his cereals, exclusive to the country
- During time of starvation epidemic, he stressed women must not just eat more to survive, but more of "the right stuff", such as graham crackers, cereals, fruits, & water
- Noted importance for women specifically to have curves - but not fat - & to not succumb to their animalistic appetites for other foods (like other "savage" races)



Emily Kellogg's Corn Flakes advertisement (1900)

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REFLECT:

What are some modern-day diet culture rules that can be seen as reflective of Graham & Kellogg's work?







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WORLD WAR 1 (1900's)

- Continuation of antisemitism & xenophobia as Jewish people & eastern Europeans were more likely to be denied entry due to their perceived physique & mental abilities
- Paper bag tests became popular in social settings (skin tone was compared to the colour of a paper bag - those lighter could access social privileges)
- Due to mass food shortages during World War I, citizens were encouraged to restrict their meals to save food to send to troops. Eating too much was then linked to poor morality
- Famously, the United States' Food Administration agency started using the slogan "Victory over Ourselves" reinforce the idea that self-discipline was a moral victory



U.S. Office of War Information poster, 1944

1930's British propaganda poster from World War I. Ships importing food were often targeted in war.



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ROARING 20's (1920's)

- Although introduced in the 1900s, the eugenics movement escalates in Canada in the 1920's
- Compulsory sterilization policies become enforced with BIPOC, disabled, & low-income people, though most notably with Indigenous women & Latinas, in effort to ensure the success of the Anglo-Saxon race




Popular Science magazine, 1923.

- Increase in working women & a lower birth rate led to eugenicists encouraging white women to reproduce "for the cause"
- As of 2021, the Standing Committee on Human Rights in Canada declared forced sterilization continues still to this day, although goes largely undetected due to racism & discrimination


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ROARING 20's (1920's)

- Medical articles increase regarding how to control one's body in the "appropriate" way (ie: not too skinny that you'll be sick, but not too fat that you will shame the white race)
 - Doctors release publications still urging women to not grow too skinny due to health & reproductive concerns
 - Large breasts generally avoided & women wore shapeless frocks & breast binders to have a rectangular form



Colleen Moore was the most famous actress of the 1920s.




- Counterculture of flappers emerged:
 - Way for white, upper class American women to take back control & autonomy by pushing boundaries of political & sexual freedom
- Stronger silhouettes for men, a shift from the simple outfits of the 1910's
 - Increase in tailored suits
 - Emphasis on tall & lean bodies

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ROARING 20's (1920's)



Romaine Brooks, Una, Lady Troubridge, 1924

- Short dresses became popular & shaving intensified as socially constructed problem
 - Marketing strategies suggest being hairy was embarrassing & emphasized hairless skin as feminine
 - Notably, advertisements prompted women to shave underarms to display how "white" their skin was
 - Hairy skin associated with low class & immigrant populations
- Androgynous outfits promoted by lesbians to socially signal to one another without detection
 - Saw a rise in cropped hair, dress suits, vests, & top hats



Vintage advert for the Milady Décolleté Gillette women's safety razor - 1916

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ROARING 20's

(1920's)

- In Canada, prior to 1929, women were not considered "persons"
- The suffragette movement, influenced by temperance, was led by white Christian women



Louise McKinney



Nellie McClung



Emily Murphy



Henrietta Muir Edwards



Irene Parby

- le: the Famous Five
- Proponents of eugenics
- These women believed they were morally superior
- Many believed that suffrage would increase their status & did not want BIPOC women to be included
- Black women began to acquire right to vote over time, but Asian & Indigenous women & men did not gain these rights until 1950s-1960s

The Famous Five: Irene Parby, Louise McKinney, Nellie McClung, Emily Murphy, and Henrietta Muir Edwards, all from Alberta, were prominent Canadian suffragists that advocated for women and children.


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REFLECT:

We have mentioned several influential figures in history:
Do any of them shock you?
Does it change how you interact with their works?

As we have now reviewed a large portion of history,
are you seeing any cycles?
Any parallels in trends & ideals?



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SUMMARY:

As we enter into the mid 20th century, we can see that prominent anti-fat beliefs pre-dated health arguments. Fat bodies were deemed undesirable and uncivilized for centuries before the research was shaped to support this idea.

The continuation and intensification of using what is societally determined as "attractive" as a form of social currency. Specifically, who can be labeled as "desirable" was determined very early on as well as the ramifications of this label and what it grants access to.

Deeming certain bodies as ugly became "a way for barring a person's access to status, work, and love, functioning as an absence of capital" (Talley, 2014).

The concept of desirability "determines who gains and holds both social and structural power through the affairs of sensuality, often predicated on anti-Blackness, anti-fatness, transphobia, misogyny, cissexism, queer antagonism, and all other structural violence" (Harrison, 2021, p. 13).

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HOMEWORK:



1) Weekly SMART Goal

2) Continue to develop your own body image timeline (due session #4)

Explore how your body image has changed over time and what factors may have influenced these changes.

- Consider how body image was modeled to you by parents, peers, or people close to you growing up, as well as any interpersonal and cultural/societal events and factors that affected how you felt about your body.
- Ask yourself, what conclusions and beliefs did you draw about your body and your worth from those influences?
- Consider different ages of your life:
 - Childhood (0–puberty years)
 - Adolescence (puberty–18 years)
 - Early adulthood (18–35 years)
 - Later adulthood (35+ years)

Please see the prompt sheet provided separately, if needed, to help guide your reflection.

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