Sexual Health @ MU
SHealth.missouri.edu
Oct. 4, 2012

WHIZ Dom publishes every two weeks by the Sexual Health @ Mizzou, sponsored by the Student Health Center. Each month, articles are written by Mizzou students in the WGST 2960 Sexual Health Advocacy and Service Learning class.

The class is offered every semester as a Gen Ed elective to students wanting to know more about sexuality and reproductive health.

UPCOMING EVENTS
Oct. 9
Sexual Health Forum • 1:30-4 PM
Location: Chamber Auditorium

Oct. 10
Fall Sextacular • 10-2
Location: Lowry Mall

Oct. 11
Nat’l Coming Out Day • All day
Location: LGBTQ Resource Center

Oct 18
Free & Confidential HIV Testing • 12-3 PM
Location: LGBTQ Resource Center

What is Love Your Body Day?
Historically Love Your Body Day is dedicated to loving yourself and loving all the great things your body can do for you.

What makes this day so special, you say? It provides us an opportunity to embrace and prioritize ourselves and challenges us to define what beauty means to us, not society.

In keeping with today’s theme, how do you define beauty? Is it a sunset? A great poem? A random act of kindness someone does for another? Beautiful is defined as what qualities we find pleasing and impressive about ourselves and others.

Forget what the media thinks
From radio to TV to your computer, advertisers have perfected the art of selling us beauty products by telling us that we need to fit some vague, ideal. This commercialization of beauty has created a standard that feeds into our insecurities; rather than celebrating our unique, individual beauty, we buy eye shadow, diet books, work-out tapes, shape-up shoes to attain this impossible beauty standard.

True Beauty
This not only focuses on the physical aspects of what we look like and but also sets us up for feelings of failure and in most cases is unattainable and unrealistic expectations of ourselves. This narrow definition also disregards all the other aspects of ourselves that can be beautiful… our personality, our intellect, how we communicate with others, how we express ourselves to others. What if our insides became our outsides? How would we then define beauty? What if we were unable to see, how would things change? Today, we challenge you to look inward to define for yourself what loving your body means to you and is beauty only skin deep or is it something altogether different?

20 PERCENT
Almost 20 percent of females who participated in a recent telephone survey said they had or think they will have cosmetic surgery at some point in their lives.

(loveyourbody.nowfoundation.org)

5 PERCENT
The body type portrayed in advertising as the “ideal” is possessed naturally by less than 5 percent of females.

(Social Issues Research Center)

60 PERCENT
About 60 percent of women surveyed said being content with their current appearance is what would prevent them from having cosmetic surgery.

(loveyourbody.nowfoundation.org)

81 PERCENT
A shocking 81 percent of 10-year-olds are afraid of being fat.

(loveyourbody.nowfoundation.org)

20 PERCENT
Don’t change your body to get respect from society. Instead let’s change society to respect our bodies.

~ Golda Poretsky
Author

5 PERCENT
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