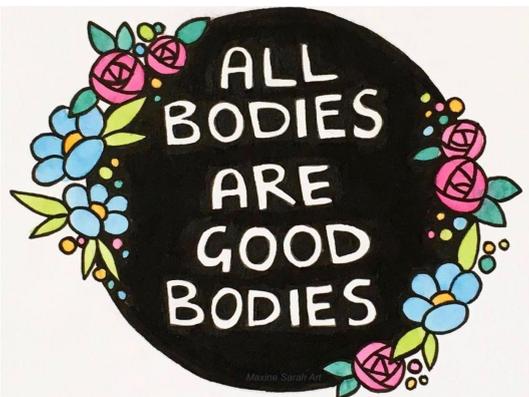




## Body Positivity



*“Body positivity is unlearning the idea that only certain bodies are worth acceptance and praise, and instead recognizing that all bodies are equally valuable.”*



*It's deciding what feels good and healthy for you personally, and letting other people do so for themselves. It's understanding that you deserve to live in your body without receiving the prejudice of others (whether that means rude comments, reduced economic opportunity, inadequate health care, or something else), and working toward a world where no one's body is the target of such bias.”*

Body positivity has its origins in the fat acceptance movement which encouraged dialogues and actions against the stigma surrounding fat bodies. As individuals, and as members of the LGBT+ community, we are intersectional and we've seen body positivity evolve to accept and embrace our bodies across size, race, gender, and sexuality.

[https://www.buzzfeed.com/norawhelan/body-positivity-101?utm\\_term=.ftx6qzm5V#.tr7e2KP9g](https://www.buzzfeed.com/norawhelan/body-positivity-101?utm_term=.ftx6qzm5V#.tr7e2KP9g)

## Queer bodies

Queer bodies are often sexualized. Same-sex sexual activity is galvanized as being immoral and vulgar while at the same time being fetishized. Gay and Lesbian individuals are often questioned as to who is the “man” and who is the “woman” based on physical appearances, trans and genderqueer/non-binary individuals face



aggression and fetishization because they exist outside the gender binary construct. Movies are upped to a more mature rating for showing a same-sex romance and holding hands with a partner or friend can lead to negative reactions, even violence, from others. Even within our own communities we can see exclusionary actions towards people of different races, sizes, sexualities, and ability with infamous messages like “no fems, no fats, no asians” still being allowed a platform. These are issues that get in the way of visibility, despite these there are individuals who are affecting change for themselves and others.

[https://www.huffingtonpost.com/entry/the-dirtying-of-the-queer\\_b\\_8692436.html](https://www.huffingtonpost.com/entry/the-dirtying-of-the-queer_b_8692436.html)

[https://www.vice.com/en\\_au/article/wjzn7w/too-many-gay-men-still-hate-their-bodies](https://www.vice.com/en_au/article/wjzn7w/too-many-gay-men-still-hate-their-bodies)



***“But, there is no “right”. Identities, bodies, and almost everything else in the world is on a spectrum.”***

Chella Man is a 19 year-old, deaf, and genderqueer artists transitioning on testosterone. He faces these challenges and has become his own role model as he forges a path for those who were not represented before him. He has challenged the expectations on transitioning, gender, and deafness and has documented them through his art, YouTube, and Instagram (@chellaman).

<https://www.them.us/contributor/chella-man>

<https://twitter.com/chellamanart>

***“All the things that make me uniquely and beautifully trans—my big hands, my big feet, my wide shoulders, my deep voice—all of these things are beautiful. I’m not beautiful despite these things, I’m beautiful because of them.”***

Laverne Cox is an actress and LGBT+ activist. Her role on Orange is the New Black propelled her into the public spotlight, even earned her an Emmy nomination. What she’s done with the visibility in the past few years is that she’s been visible. She’s started the #transisbeautiful in order to provide a platform that directly showcases and embraces trans individuals at any and every stage of their lives.



<https://www.elle.com/culture/celebrities/news/a30388/laverne-cox-trans-is-beautiful/>

<https://twitter.com/Lavernecox>



**"I want to put women who look like me in the mainstream, I want that visibility and fairness, visibility is important because it lets people know those opportunities are available. I want little girls to see me and my dancers and be like 'Hey, I can do that too.'"**

Lizzo is a hip-hop artist whose music talks about nights out to loving oneself with intimacy. While she is not queer, she is a black woman who is of a larger size and wants to encourage honest dialogues about self-love. Self-care is a common thread in her music and actions, something that she aims everyone to develop on their own and not give into fads or what is being marketed as trendy.

<https://www.vogue.com/article/lizzo-coconut-oil-ep-body-positivity-self-care>

<https://twitter.com/lizzo>

## **Genderless Fashion**

For many people, fashion is an important tool for self expression. Even decades ago it was used for personal and political statements.

Like in any other form of art, the breaking down of boundaries and conventions opens new possibilities.

With that said, the fashion industry is becoming more aware of new target groups and possible market gaps.

The genderless fashion trend is becoming more popular and accepted, especially in Japan.

There are even brands specializing in genderless clothes.

<http://www.shopviiellixcain.com/about>

<https://www.hercampus.com/style/12-gender-neutral-clothing-brands-you-need-know-about>

<https://edition.cnn.com/style/article/genderless-kei-fashion-japan/index.html>

