English Assignment Draft – Jillian Wong

# Should Society have a vast impact on female life?

Society. One word with a vast impact and influence among us, especially women. The pressure females face daily, put on by Society, causes a lack of pride and confidence that they have for themselves. It is important to display that being the person you truly are is more important than the expectations of others. Girls try to become the ‘perfect person’ although, there is no perfect person in this world and describing the flawless girl is someone’s opinion and dream that is conjured up. What Society considers as ‘perfect’ for a female is a slender fit body, long hair, acne-free skin, and really the list goes on, creating this breath-taking image that is impossible to achieve. As a result, we now have what we know as eating disorders. People starve themselves in order to have the body that Society approves of. Did you know that 4% of Australia (913, 986) have an eating disorder? Did you know that anorexia nervosa has the highest death rate (20% in 20 years) of all mental illnesses? Did you know that every 62 minutes, at least one person dies as a result from an eating disorder? Society should not have a vast impact on female life, let alone anyone’s life.

Firstly,

Be true. Be you. That is all I am asking.

Thank you.

Imagine you were a girl (unless were already one)…you look on Instagram and gawk at the supermodels bodies and ‘perfection.’ This makes you feel bad that through the comparison, you are not as tall, skinny and ugly-free as they are. You cover yourself up with a mask so hide your imperfections as Society will not accept imperfections. The thought of how no one will love you for who you are haunts you.

What is it with people and standards? It is like we need to have a standard in every single thing and if we fail to reach that standard that we set ourselves, we are considered as a total and utter failure. Now we have a lot of standards, like how a female should look like, how a male should act, etc. But is it really necessary? I personally feel like it does us more harm than good.

Females are supposed to look a specific way because of Society’s standards although, it is impossible to become this perfect image that Society has created. It is not a living thing, it is a belief that people have created over the years of beauty. It is formed through peer pressure which causes you to change your true self.

The movie DUFF teaches teenagers that, I quote, “There's always gonna be somebody prettier or more talented or richer than you, but it shouldn't affect how you see yourself.”

Our differences make us unique. Our differences make us feel special. Our differences make us true to us. Without our differences, we would be the same people. Nothing interesting to tell who is who besides gender. Girls should not need to meet Society’s expectations because every individual is special in their own way!

I too have my own insecurities. I can sometimes myself because I feel fat and I am not as skinny as others are.

Why does our appearance determine our place in the world? Why does our looks have to make us feel terrible about ourselves? Why does our mien have to hurt us physically and intellectually?

I personally feel these standards are useless. They are designed to create a perfect image that is impossible to reach. What I do believe in is that every single individual is unique; therefore, trying to generalize people is something that is unethical.

Becomes an obsession

The theme of reality versus expectations

You were born to be real, not perfect.

It is what the inside that counts, not the outside.

# The Pressure to Conform To Society's Standards Can Be Suffocating

Society's pressure to conform has been something many of us have known since we were little.

The pressure to conform is something that most of us have felt since we were old enough to know what perfection is. We've been pushed on all sides to try and be something we’re not, just to fit in with society’s standards. Society wants us to be a picture perfect replica of some kind of doll. We have to be smart, beautiful, funny, and talented, fit, sociable, and so much more, just to be considered worth someone’s time. It's such a toxic environment to live in.

I’ve known people who drove themselves close to being insane just trying to fit in. I've seen people change their opinions in a second to match those around them. I've seen people break down over things they couldn't control, just wishing that they weren't different. Being different is a good thing. If we were all the same, how would we know what we like? How would we make anything of ourselves?

Society doesn't always view it that way, however. They don't want us to do anything that will draw attention to ourselves. They don't want us to ever break the perfect little mould we've been put in. If we ever do, if we ever speak out against anything or even just try to be ourselves, there's practically a revolt.

I’m sorry if this offends anyone, but I’m happy with who I am. Yes, there are things that I’m insecure about, but I’m never going to change myself or try to force myself to fit someone else’s standards. I am who I am and I do what I do for myself, not for anyone else and especially not for society. No matter what the people around you say, you are beautiful. You are amazing and worth so much and you are going to do great things. Pressure from society can be intense, but don't let it change you. You'll regret it if you do.

Society is not the end all, be all. There are way more important people to think about than some random stranger. The people who are closest to you (whether those people are family or friends or people who just make you feel good about yourself) should be the only ones whose opinion you really care about, but even then, don't let it change yours, okay? There are times that my friends and I disagree on things, but I will not change to fit them. Sometimes disagreements are a good thing.

Society will never change who I am. I will never conform to fit their standards or change myself to fit into a small mould. I genuinely hope that anyone who reads this article does the same.

Societal expectations are so difficult to break, and it will take a while for people to understand that, no matter who you are or where you come from, we're all the same, and we must treat each other with respect. Don’t be afraid to be yourself; it’s something easier said than done, but it’s a mindset to have and to keep with you.

Our culture and society set high standards and expectations for young girls to meet that are not reachable. We are judged on the way we look rather than our ability to do something. In a woman's magazine, there are 10.5 times more advertisements and articles on how to be thin and lose weight, than there are in a man's. This gives woman the impression that their body or shape isn't good enough. Girls think that if they don't have A's and B's in classes they aren't smart and no matter how hard they work they won't be as good as other girls who are constantly excelling in academics. We think that every test, grade, game, and/or social event will determine how our life ends up, but in reality it's okay to make mistakes because that's how we will later learn to avoid those bad situations. People see the "stereotypical" girl as someone who is weak, over sensitive, emotional, and that they aren't able to do things on their own. Girls start to see themselves this way, and think they have to depend on someone else to do something. Social media makes young girls think that they should spend their time trying to look good instead of working hard to later make a change in the world. We need a role model to put a stop to these ideas that girls need to be perfect, and start showing respect for those who are willing to express their imperfections.

Girls are willing to do anything to be perfect that they start to lose their true self to meet other people's standards. Every morning woman spend an excessive amount of time putting on makeup, doing their hair, and finally picking out the right outfit that other people will like. Girls cover up every blemish and insecurity that they might have with makeup. We do this to fit in because we think it is the only way people will like us, but we shouldn't care what others think and we shouldn't have to look a certain way to be liked. Trying to keep up with everything going on like school, sports, and socializing can tear away at someone. This causes the lack of confidence when someone can't meet the constant demand to be perfect. Some are constantly dieting and not eating as much as they should be so they can look a certain way. We spend so long trying to get the perfect picture to post on social media, and even more time to modify the picture so our skin can look clear and our teeth are bright white. Even through all this work, if we don't get a certain amount of "likes" it's all pointless to girls.  Everywhere around the world girls feel the pressure, and in response we make adjustments to ourselves to diminish the effects of not being perfect. Being shown by a leader that being confident is better and that we shouldn't change ourselves for other people could help inspire girls at a young age to know that they are naturally amazing.

The pressures on girls to be perfect can cause problems with a young girl’s health and overall happiness. Trying to keep your grades up and fit in, can cause a lot of stress on a girl in her adolescent years. Anxiety is common in young girls, and I see it in myself and a lot of my friends. We get so worked up over a small quiz because we think if we fail the world will end. This constant supply of stress can cause severe depression making a girl's life even harder than it already has been. When girls see that being super thin is better, they will go to extreme circumstances to be skinny. An example is anorexia or bulimia, these are two eating disorders that many young girls face. If these disorders get out of hand, the person could end up in the hospital or die. I think being successful is being happy and healthy, so if putting pressure on girls does the opposite, then things need to change to prevent these bad situations from existing.

At a young age, a girl starts to feel the need to stand out just to get even the slightest recognition, but instead everyone should celebrate individual differences. Everyone's desperate ideas of the perfect girl are simply not attainable. A girl would tweak and change every part about herself until there is nothing left. All this, just to be recognized by a boy or to have a teacher like her. Is this all worth it in the end?

## References

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