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This Visual argument is about body image and its adverse effects on people's lives due to social media, judgment from others, and their relationship with food. Within this argument, I am trying to explore the real-life issues that many deals with due to society's perceives the "ideal body type."The message of this argument is that others who view others through a screen are only satisfied with a version of that person that fits this mold that they, like society, deems as beautiful and ideal. But this viewpoint is not ok. Many constantly chase this "ideal" body type due to social media platforms and personalities who romanticize this viewpoint of bodies needing to fit the social norm.

Within this image, we see the background with a solid grey to black ombré color effect with negative comments going across in white lettering. The lettering is a 25-text-sized font. The main image is a smartphone as the focus point, signifying the vital role devices and social media plays in this issue due to both being so easy to access to jump online and harass others anonymously. This ingenious device will be centered within this artwork in black, with the device powered on and pulled to a social media platform such as Instagram for this artwork. Within this device, the color scheme follows the actual app; white, pink, purple, and yellow. But the overall color scheme of the art will follow black, white, and grey. These colors were chosen to represent the comprehensive discussion of body image because of the bleak, sad topic this is. When you think about colors representing the topic, we can see these colors being the best to show how blunt and to the point this is. No bright or fancy colors have to be used to convey the message being shown in the image. The image shown within the phone is to stay true to the app Instagram using happy, lively colors to show how excited

people are to possibly share themselves and their life experiences with the world, so with these two contrasting colors, we see two sides of life; light and dark.

The image displayed on the phone will be a hand-drawn silhouette of a female body within a picture post, stating the profile as thin, with protruding ribs and hips. Marks covering the body, possibly due to self-harm, this image will show the seriousness of this issue, displaying what a body looks like when they try to chase that "ideal" body type society tries to push about impressionable people. This part of the artwork will be in color with a color scheme of red, black, grey, brown, light brown, and beige to signify the skin tones, stretch marks, and other skin lacerations on the silhouette. In addition to this, the profile will show the picture as a full-body "selfie" picture at a show at an angle to show the entire image to fit the post box. At the bottom of this post, in the comment section, the username of the profile belonging to this picture will follow negative and positive comments varying from both sides, either praising this person's physique. The other side will be negative comments telling this person posting the picture things like "you're too big" or "you're disgusting."