OPINION

Fat, Skinny, or Beautiful?

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PHOTO: KAZI TAHSIN AGAZ APURBO

JK Rowling once asked, "Is 'fat' really the worst thing a human being can be? Is 'fat' worse than 'vindictive', 'jealous', 'shallow', 'vain', 'boring' or 'cruel'? Not to me."

In our society, body-shaming has become a problematic issue for men and women everywhere. There are young girls and boys trying very hard to fit the standard of beauty, set by the media.

The standard of beauty itself has changed over the years. Back in the 60's, women who were on the more curvaceous side were considered to be the most attractive, and as the years went by, that model of

people used to call me a 'scarecrow'," says Alina Hassan (not her real name). "Since then, I was and still am concerned about my weight. After gaining a couple of pounds, people are now beginning to call me 'skinny-fat.'" 'Skinny-fat' is supposed to mean 'flabby' or 'not toned'.

How one takes care of their body is up to them entirely, as long as it is not hurting anyone or themselves in the process. How a person's body is shaped, toned or coloured can never be used to define or limit their beauty. Fat or skinny, neither can be the worst thing a human being can be. Not in this time and

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beauty became thinner and thinner. Now, you have to have a specific waist size, breast size, hip size, foot size, nose size, this and that, just to look and feel beautiful. You can't be too skinny, and you can't be chubby—either one is considered to make a person 'ugly'.

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"I remember in my old office, when I used to spend days crying because my colleagues would call me things like 'paperweight' because I'm overweight. These men were around my father's age and would constantly say things to bring me down," says Nabila Hossain. "Men and women are equally demeaning when it comes to being fat or skinny." She continues, "It always starts with 'don't you care about your health' and, within seconds, turns into 'don't you want to look pretty?' Sometimes, my 'slimmer' colleagues are favoured more than me because their weight somehow makes them better, despite the level of my work."

There are even new terms being invented to put people down more easily. "I remember when I was underweight

age, not ever.