ENC 1101 Week: 1 Narrative Outline Worksheet

Author Name(s), First M. Last, Omit Titles and Degrees

ENC 1101 Week: 1 Narrative Outline Worksheet

Pre-writing activity style: Free Writing

**Outline**

Introduction: Owing to an increase in the use of social media, it has become an

indispensable part of our lives.

Paragraph 2: The unrealistic body image that is shown on social media influence not only

individual mental health but emotional health as well.

Paragraph 3: Seeing my close friend struggling to attain an unrealistic body type greatly

influenced my life.

Paragraph 4: The bullying that my friend had to face, just because she does not have the

ideal body type was so worse that she was admitted to hospital due to her deteriorating health.

Conclusion: It is necessary to spread awareness among people regarding body shaming

and its negative impact on an individual’s health so that people can live a happy life without being judged constantly.

**Introductory Paragraph**

Body shaming is an issue that is still prevailing in our society due to which many people are suffering from mental illness and lack of confidence. Owing to an increase in the use of technology especially social media sites, technology has become an indispensable part of our life. The body image that is portrayed on social media negatively impacts an individual’s mental health (Lumsden & Morgan, 2017). One of my close friend also experienced body shaming due to which her health was deteriorating. Since childhood, Kathy had a thyroid problem and hormonal imbalance issue. Due to this reason, she had to take various medications especially many steroids. As steroids have an adverse effect on an individual’s health, Kathy also gained weight. She was already struggling a lot due to her illness and managing high school pressure yet the constant bullying she faced due to her weight led her into severe depression. She used to cry a lot and used to skip school a lot. One day at school, a group of bullies posted her picture online and commented disrespectful thing about her body. They even made fun of her in the hallway. I was so heartbroken to see the stereotypical thinking of our society in which people judge others based on physical features. She was so depressed after the incident that she had to be admitted to the hospital. This incident impacted me a lot and I made several online groups that support body positivity. Thus, it is necessary to spread awareness among people so that the issue of body shaming can be prevented.

**References**

Lumsden, K., & Morgan, H. (2017). Media framing of trolling and online abuse: silencing strategies, symbolic violence, and victim blaming. *Feminist Media Studies*, *17*(6), 926-