[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Sexual Images

Self-consciousness is a very powerful thing; it is the highest level of being aware of your own skills and abilities. Every person is blessed with some kind of special abilities or powers, utilizing which they can achieve great heights of success and self-recognition. These abilities need to be explored, they are not usually clearly visible but are hidden or buried in a person. A person needs a high degree of confidence and a clear sense of self-awareness to get a distinct idea of these strengths.

Multiple projects, like videos, images, articles or blogs keep coming up to encourage people in exploring their inner strengths and utilize them in spreading positivity in the world. I recently came across such a video that helped me ponder over the fact that a person should focus on these inner skills to get their goals achieved. It was an advertisement by a famous brand Dove that specializes in beauty products like shampoos and soaps. The ad film was one minute in length and titled “I am fine” (US). I was a joint venture by Dove and Cartoon network to inculcate a sense of self-esteem in young children especially girls. The ad film focuses on a young girl thinking about how everyone in her social circle is having a perfect life but she isn’t. She is feeling complexed about it and when someone asks her how was her day, she only replies "It was fine". The girl is shown to b talented and good in writing but she is completed due to her looks and weight issues.

In my opinion, it is a very example to show the kids that they should always be confident about their own self, without worrying about their physical looks. They should focus on exploring their own real talent and feel proud of it. There should be more projects like this, especially social media should focus on boosting up the confidence of teenagers and children.

# Works Cited

*Dove + Cartoon Network | “I’m Fine”*. Dir. Dove US. Perf. ChildArtist. 2018. Social Media. <https://www.youtube.com/watch?v=KyBQi74qU-0>.