



Feeling Judged

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In school, Mira sometimes hears gossip and mean comments about girls, their bodies and how they look. It feels like there are invisible rules she and her friends have to navigate everyday to try to fit in - what to say, how to look, when to laugh.



Moving through the corridors, Mira feels the atmosphere heavy with judgement.



Every move comes with the potential for mean looks and whispers. Mira tries to do everything right and look the right way, to avoid the sense of shame, anxiety and loneliness of feeling evaluated and disapproved of.



Mira doesn't know how to handle her feelings of stress and worry. She tries to find support from friends and on social media.



The more Mira thinks about it, she realises it's no wonder it's difficult to feel confident and good about herself. She and her friends are surrounded by messages that set expectations for how a girl should look and act. These feel impossible to ignore.

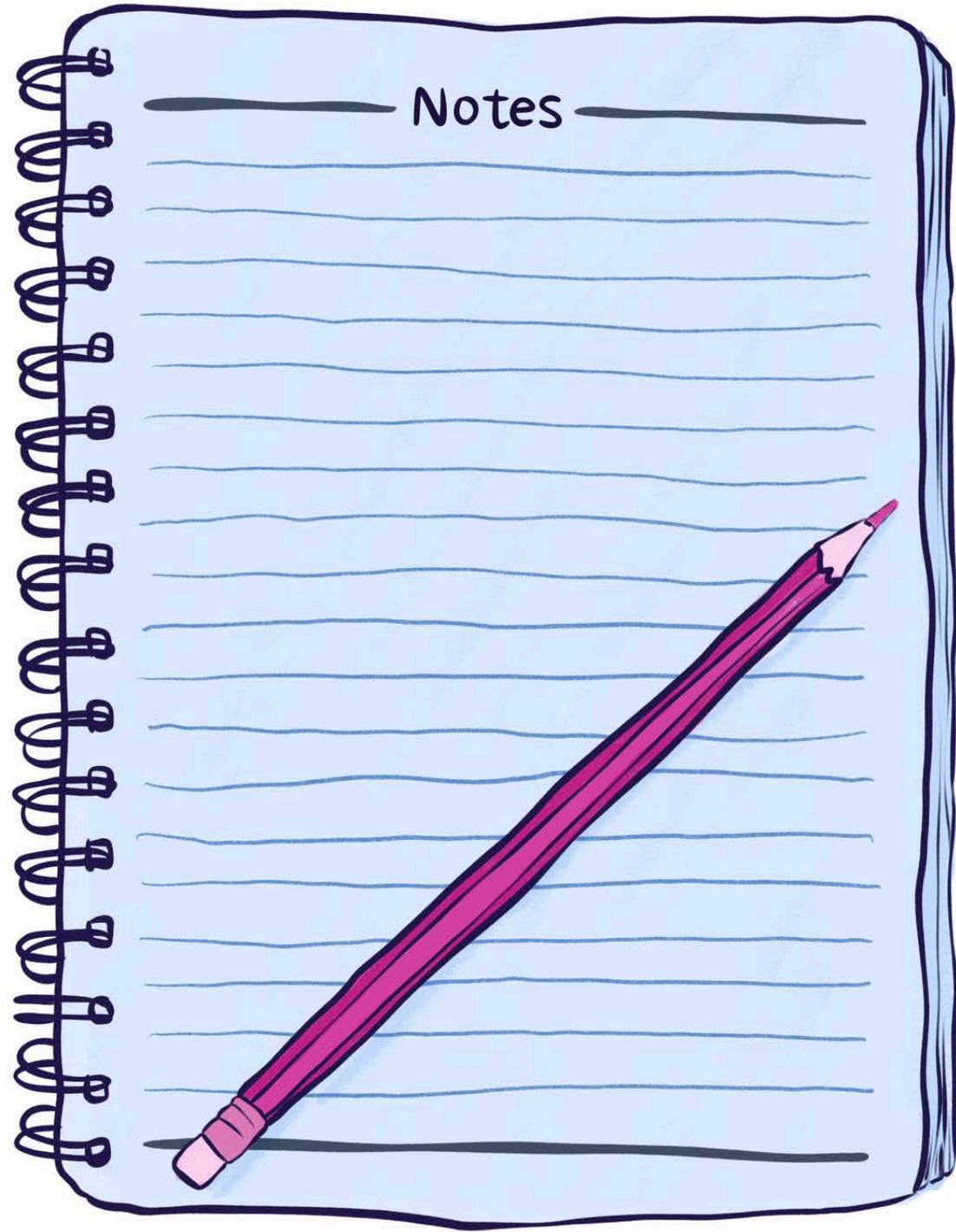


Thinking about all the different factors that impact how she feels and thinks about herself and her body, Mira feels that big changes are needed to make things better for girls.



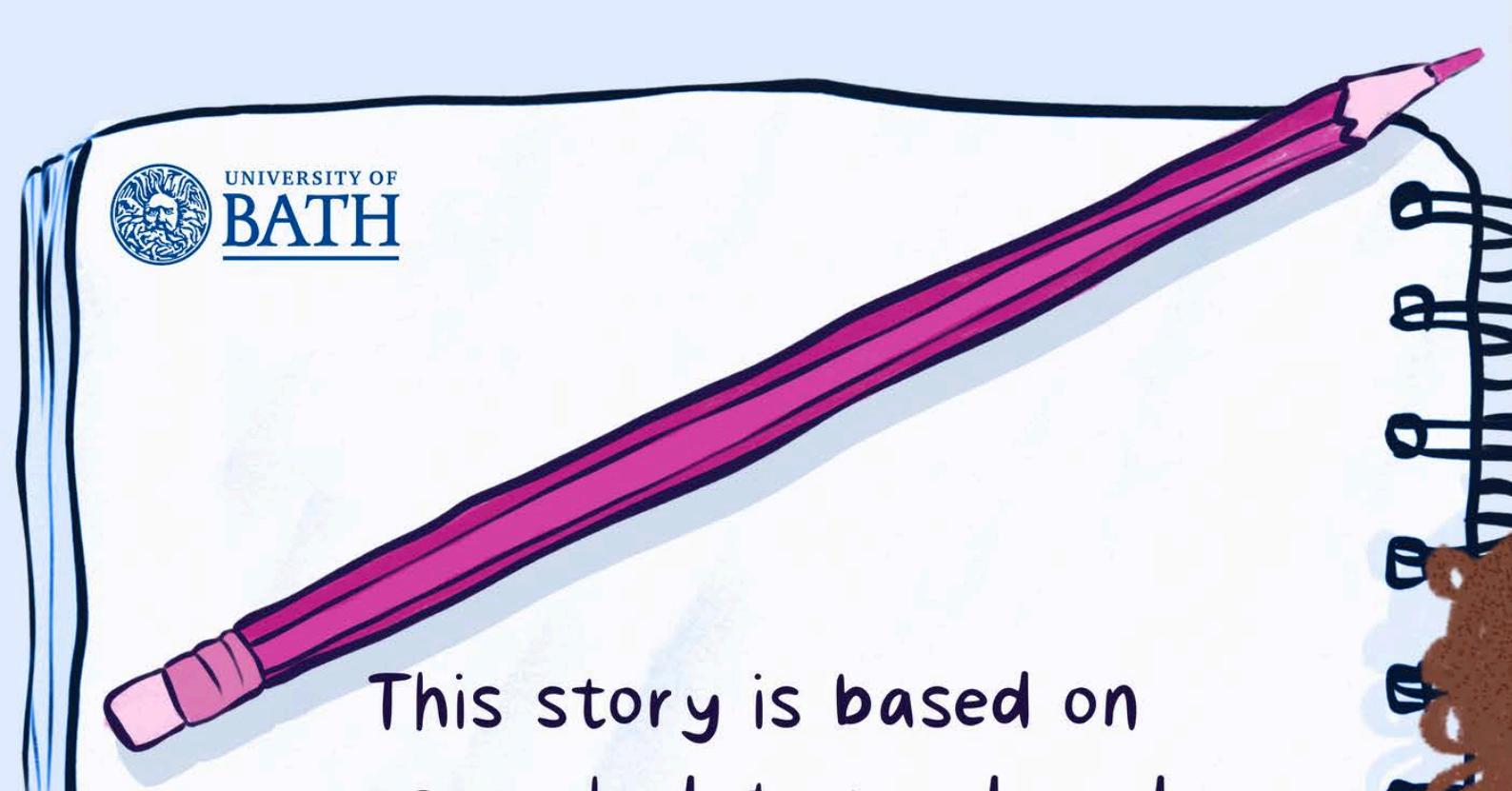
What changes would be needed in school and society to challenge expectations for girls to look, act and be a certain way?

What do
you think?





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A large pink pencil is angled across the top of the page, resting on a spiral-bound notebook. The spiral binding is visible on the right side of the notebook.

This story is based on

research data produced
with girls in secondary
school in the UK and
Sweden. It explores how
peer relations in school
affect how girls feel about
themselves and their bodies.



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