**Body Shaming and Valuing One’s Own Size**

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Abstract: Body shaming has been awfully apparent in today’s society. The spontaneous and unselected flinging of ridicule, mockery, body jokes, and meaningful and funny gaze among plus size and underweight young adults become a product of symbolic interaction. To raise awareness about body shaming, the researchers created a research paper titled: “Body Shaming and Valuing One’s Own Size” that employed a qualitative research method and a descriptive research design. The researchers interviewed 15 Filipino people in San Fernando City La Union, with a use of zoom meeting and a questionnaire. The data was then thematized to determine the similarities and distinctions between the respondents' responses. The researchers were able to curate answers to questions based on the final responses of the respondents on how a person can promote body-positivity, the effects of body-shaming on a person, and ways on dealing with body shaming. Further investigation revealed that body shaming a person can affect their physical, mental, and emotional lifestyle. On the other hand, the others didn’t waver or listened to what others negative comments which showed that some are emotionally strong and some are emotionally vulnerable. Respondents also revealed the importance of self-love and acceptance in battling body shaming. This proved that every person is different and we have to accept that. We live in a world of great variety, with people in all shapes, sizes, and colors. Accepting people for who they are rather than how they seem will only be helpful in the long run.

keywords: body-positivity; self-acceptance; self-love