

For my video I decided to focus on the topic of eating disorders. I wanted to have the contrast between the video being really colorful and fun and the actual actions in the video feel empty and almost boring. I was inspired mostly by pop art for the aesthetic of the video and the repetition. I had three different “characters” showcase different unhealthy eating habits for my video to show that it does not only present itself in one way which helps it fly under the radar more. I have seen so many friends fall into the competitive nature of eating disorders, and it is really scary.

Eating disorders are something in our society that we do not pay attention to until it is too late. So many people struggle with eating and body image that we are almost desensitized and see certain eating habits as normal when in reality they are harmful to a person’s mental and physical state. Society creates hidden eating disorders in our lives with dieting and shame around eating. This is not something that should be seen as part of a healthy lifestyle. Any way that you do not listen to your body and give it the food it needs to function is not what we should be praising and aspiring for.

*TOOTHPICK*

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