

Love Your Body Week 2017

Monday, November 6th - Friday, November 10th

What is Fetish?

Monday, 11/6 at 5pm

McGuinn 521

A lecture and panel aimed at educating the BC community on the issue of fetishization, the objectification of certain aspects of an individual with a sexual focus, while often devaluing their identity in other contexts. Professor Vats of the Communication, AADS, and Law Departments will lecture on what fetishization is, where it occurs and what we can do about it. She will moderate the student panel, which will give students the opportunity to join the conversation and share their opinions regarding the issue.

Un(covering) Queerness

Monday, 11/6 at 7:30pm

RSVP to women@bc.edu

A dinner & discussion of the objectification and fetishization of LGBTQ+ bodies in the media. We will discuss gender identity, gender expression, attraction, and sex using the Genderbread person for reference. We will then watch clips from the television shows Modern Family and Orange Is The New Black and examine the way they portray LGBTQ+ identity.

Weighing In:

Let's Talk: Food, Diets & Weight

Tuesday, 11/7 at 12pm

Stokes N121

A workshop led by University Nutritionist Kate Sweeney examining eating, dieting and body image at BC. Kate will open the event with a background on her work and groups will break out to be led by 3 health coaches and 2 graduate nutrition students. The primary focus of this event will be BC students' relationship with food, with the following segments:

Why do so many people (of so many backgrounds) want to lose weight?

What is weight stigma? How does it intersect with diet culture?

What is the science behind dieting?

What do you think about this science?

How does weight stigma and food closely intersect?

What can you do?

Imported Standards: Decolonizing Bodies and Beauty

Tuesday 11/7 at 6pm

Fulton 511

Artist, writer, and activist Zahira Kelly will discuss standards of beauty around the world, beginning with precolonial trends and following a discussion of how these have changed with the influence of colonialism. What bodies are/were accepted and applauded vs not?

When does hyper sexualization vs desexualization of certain bodies occur? A focus on Latin American history and culture will help us think through the ways that globalization, industrialization and modern media have contributed to what today's society deems to be beautiful or desirable. The talk will culminate in discussing what a truly inclusive society and media would look like.

Headwraps & Hijabs

Wednesday 11/8 at 12:30pm

RSVP to women@bc.edu

A lunch and presentation by the African Student Organization and the Muslim Student Association to teach individuals about the history, cultural significance, and cultural symbolism of the various headwear worn in African countries. We hope to facilitate conversations about standards of beauty throughout Africa and debunk misconceptions associated with headwraps or coverings such as hijabs. We hope to enlighten those unfamiliar with the significance of hijabs and deepen the knowledge of those unfamiliar with the roots of headwraps. This event is meant to showcase the diversity of fashion from different African countries and culture. After a brief overview of the history of headwraps and hijabs, participants will be taught how to tie various styles of headwraps and hijabs in a workshop taught by members of the African Student Organization and Muslim Student Association.

Insta, Finsta & Reality: BC's Unwritten Social Rules

Wednesday 11/8 at 5pm

Higgins 300

A moderated panel of Boston College students discussing the unwritten rules of social media on campus, as well as how it impacts their self esteem, self perception, and mental health in general. The panel will explore questions of social pressure, objectification of bodies through social media, and implications it has on relationships with others and the self.

Talking Body: Disabled Bodies in the Media

Thursday 11/9 at 12pm

Stokes N121

A lunch & discussion led by Professor Amy Boesky will examine ableism in our society. We will look at how disability intersects with perceptions of desirability in the media.

Embrace Your Body Adaptive Yoga

Thursday 11/9 at 5:30pm

McElroy 237

A celebration of our bodies through a free class designed for all physical abilities, led by an instructor from Down Under Yoga studio.

Release: Self-Care Paints Workshop

Friday 11/10 at 3pm

RSVP to women@bc.edu

A paint workshop intended to provide students with the opportunity to release their emotions through the creation of art: a self-expression event. This workshop will be guided and will incorporate reflection, music, and freedom to paint in whatever manner students feel.

The Good Body Performance

Friday 11/10 at 7pm

Cushing 001

In this annual performance of “The Good Body”, a play by Eve Ensler, student performers will display several monologues that highlight the diverse relationships women hold with their bodies, and how we can attempt to consider what makes a “good body” and where does our understanding of what is “good” emerge. This year’s performance has been directed by undergraduate student Haley Holmes and has fostered a cast community through both individual and group rehearsals.