



Living up to the standards

Teenagers throughout the district struggle with society's definition of beauty

Copy and paste of "Lululemon and natural and unnatural blonde" fill the halls of USD 266 through the eyes of sophomore Paige Schuler. The idea and definition of beauty changes through the lens of the viewer, but still teenagers struggle with the high standard of so-called beauty.

Maize South class of 2022 grad, **Axie Sanchez**, loves doing makeup. She plans to make it her full-time job after attending Eric Fisher Academy. She already has her own self-taught makeup business, @makeupbyaxie, on Instagram.

"My passion for makeup has greatly affected my view on beauty simply because of the fact I get to see

"I strive to enhance everyone's natural beauty and provide a relaxing and calming experience."

-Axie Sanchez

people's confidence grow in less than an hour," Sanchez said. "I strive to enhance everyone's natural beauty and provide a relaxing and calming experience."

Sanchez defines beauty as who you are on the inside, not the outside. She says anyone with an open-mind and kind heart is beautiful to her.

"I measure beauty by the way someone treats another person," Sanchez said. "There is a time in everyone's life where they may be unkind and ugly, including myself,

but beauty sprouts when you learn from those mistakes and implement kindness into your life no matter the person."

Maize South senior **Kadyn Broughman** feels like many of his peers just look on the outside to determine if someone is beautiful, but he tries to look deeper.

"I measure beauty by how they act, like, if they are genuinely nice and a good person and a little about what's on the outside."

Social media can have a huge effect on how people perceive beauty. Sanchez says social media only shows a person's outward beauty and people seeing these posts don't necessarily think about what's on the inside.

"There are people who look beautiful and pretty, particularly on the outside, to a mass amount of people, like the Kardashians, popular TikTok influencers, or even people on Instagram, but there's always more to them than what meets the eye," Sanchez said. "I would hope those people are good people."

Social media can affect many people's self-esteem with its unrealistic beauty expectations portrayed through photoshop and filters. According to the Dove Self-Esteem Project, 90% of girls, ages 10-17, said they follow an account on social media that makes them feel less beautiful, and more than seven in ten girls said that spending less time on social media would be better for their self-esteem.

"There have definitely been times in my life where I have hated who I see in the mirror and scrolled on



moment, but I always remind myself, almost everyone has feelings like that. It's all about perspective."

Sanchez said some common beauty standards she sees in society are pronounced cheeks and jawbones, a small nose, long, thick hair and eyelashes, straight, white teeth, big lips, and being skinny, but muscular.

"Social media amplifies beauty standards by glorifying unrealistic expectations on how one is supposed to look, especially with the creation of filters"

-Axie Sanchez

"I wish they [beauty standards] weren't a thing," Sanchez said. "They are extremely toxic and make you feel bad about yourself. I wish everyone could be confident in themselves and not feel the need to be or look like somebody else no matter your race, body type, or age."

Filters and photoshop on social media can contribute to unattainable beauty standards and fake ideals for people that they feel like they need to achieve.

"Social media amplifies beauty standards by glorifying unrealistic expectations on how one is supposed to look, especially with the

creation of filters," Sanchez said.

Maize South freshman, **Ruven Funschelle**, has been modeling since he was in first grade. There have been lots of times where people didn't believe he was a model, which was difficult for him to deal with.

"In my life, beauty standards have affected me by, I would say, people not, like, believing I'm a model, and that's kind of hard," Funschelle said.

Funschelle feels like another one of his biggest struggles when it comes to beauty standards is feeling judged for what he wears, but he chooses to use social media as his platform and encourages others to do the same.

"Be yourself, and if people don't like who you are, they're not worth your time," Funschelle said. "If people are commenting things on your Instagram, who cares? It's your Instagram. It's your platform and so just be yourself and wear what you want."

Maize High senior **Briley Hogan** said she has seen people around her feel the need to change themselves to fit in with society's picture of beauty.

"I have seen people in my life look at someone else and wish they had a certain look that they had and do certain things to change themselves," Hogan said.

At times, this has even been a struggle for Hogan because she is 6-foot-1 and has always felt like she doesn't fit into the beauty standard of height for girls.

"Being 6-foot-1, it was hard to



Photoshop Timeline

With photo editing apps being widely accessible, pictures can be altered in many different ways. Photoshop not only can help fix the lighting in photos, but also has a blemish remover tool and a tool to whiten teeth. With these tools becoming more and more common in photo editing apps, it is hard to tell what is truly real on social media.





blend in and fit into those beauty standards, where there was that pressure from people in my life and people online,” Hogan said. “I always wished I was shorter and felt that I needed to fit the mold.”

Hogan shared some common beauty standards she sees in society for women other than height, such as a slim waist, big bust, perfect side profile, and a button nose. These standards can be toxic and harmful for people.

“I think that beauty standards are completely unrealistic and dangerous for many people,” Hogan said. “Everyone is beautiful in their own way, no matter the measurements or size.”

According to ANAD, the leading nonprofit organization in the US that provides free support services to those struggling with eating disorders, there are 10,200 deaths each year that are a direct result of an eating disorder- that’s one death every 52 minutes.

Maize High senior **Teagan Redinger** struggled with an eating disorder beginning around her freshman year when she noticed edited bodies online.

“Seeing girls and their bodies

online made me look at mine in a different and not good way,” Redinger said.

Redinger feels the topic needs to be shone in a dangerous light. Not eating isn’t something to be proud of or encouraged according to Redinger.

“It’s a topic that needs to be brought to light because it is so dangerous and shouldn’t be normalized,” Redinger said. “People are so different and everyone is beautiful in their own way, so putting so much pressure on people to where they risk their health is not okay.”

Redinger has been able to recover from her disorder by recognizing the problem early and finding new healthy ways to maintain her body.

“My body does so much for me so I’ve learned to love it and appreciate it for everything it does,” Redinger said.

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AXIE

Favorite Show:
Stranger Things

Favorite Movie:
The Notebook

Favorite Artist:
Drake or Mac Miller

Favorite Snack:
Gardettos



RUVEN

Favorite Show:
The Office

Favorite Movie:
Thor

Favorite Artist:
Drake

Favorite Snack:
Ice Cream