

Group 2 : BDD

Step 1: Read the article and watch the video to learn about BDD.

Body Dysmorphia Is A Serious Issue And Can Be Triggered By Our Selfie Culture

You'd be hard pressed* to find someone who doesn't find a flaw* with their appearance. It may be something like the cellulite on your butt, or the crow's feet around your eyes, or your belly pooch. Social media can exacerbate* our perceived flaws, especially when we see seemingly perfect pictures of our friends and celebrities all over our social media feeds.

But there's a difference between just hating the way your nose looks if you take a selfie and being so fixated with it that you spend all of your time thinking about how ugly your nose is. Obsessively fixating on a physical "flaw" is actually considered body dysmorphic disorder (BDD), and it is a very serious mental health disorder. It can be exacerbated* by today's selfie and filter culture.

So what exactly makes BDD different than just unhappiness with your appearance? Quite simply, it comes down to the level of preoccupation with the flaw. For example, I don't like how broad my forehead is. Usually, I get around my self-consciousness with a side-swept bang* or by not taking a photo straight on.

But if I had body dysmorphia, I would go to greater lengths to cover my forehead, such as wearing a hat constantly or getting cosmetic surgery. Many people with BDD don't leave the house or only go out at night to avoid having to face people because their perception of their flaw is so deep that they can't interact with the public.

BDD is classified as a mental illness. According to multiple sources, there are approximately 200,000 new cases every year. Of those who suffer, 40% are male and 60% are female. It can start in people as early as age 2 and continue well into adulthood. Most often, it starts in the early teens.

The good thing is that BDD is treatable. Like most mental illnesses, there is no steadfast cure*, but there are treatment options. Body dysmorphia is a mental illness. It's nothing to be ashamed of, and you are not alone.

Sa'iyda Shabazz, November 9, 2017 Updated November 10, 2017 (adapted)

Source : <https://www.scarymommy.com/womens-health-complaints-not-taken-seriously/>

Wordbank :

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|---|---|
| - You'd be hard pressed : you'd find it difficult | - exacerbate (v): intensify, aggravate |
| - a flaw (n):an imperfection | - claimed (v): declared |
| | - no steadfast cure : no sure treatment |

Watch the video on elyco or scan the QR code.



Step 2:

Be ready to present BDD to your classmates! You can prepare some notes or a mindmap to help you.