

FORUM: Human Rights Council

QUESTION OF: Fostering Social Inclusivity by Mitigating Body Shaming

MAIN SUBMITTER: Mexico

CO SUBMITTER: Syria, Iraq

Human Rights Council,

Noticing that the adult's prevalence of overweight and obesity of Mexico is 39.7 and 29.9%, and are suffering from body shaming,

Keeping in mind that it is prevalent to show off their body parts in Mexico, and thus results in an individual often receiving numerous assaults due to their body shapes,

Aware the fact that the religious body shaming in Syria and Iraq hinders the gender equality and limits the freedom of female,

Fully aware that the humanity education in Iraq has been deeply affected by a large number of refugees and internally displaced people, especially in ongoing fighting areas,

Recognizing that the social exclusivity caused by religious body shaming is an obstacle for economic development.

Emphasizing that the damage caused by the body shaming can threaten citizens in all member states,

Recognizing that the Islamic countries such as Iraq and Syria are traditionally compelling women to hide their body parts,

1. Recommends member states and Non-Government Organizations (NGOs) to seek the way to raise public awareness on the issue of body shaming through ways such as, but not limited to:
 - a. online advertisement in social media including:
 - i. establish a professional website which includes information about how can body shaming can harm an individual
 - ii. make public servicing advertisements alerting the urgency of current problems of body shaming on commonly used social media such as YouTube, Facebook, Instagram, etc.,
 - iii. promote positive thinking towards different outward looks of people, including one self's, regardless of the perceived standard look,
 - b. offline advertisements in public areas including:
 - i. post banner and posters to the places such as the roads, subway stations, train stations, bus stations to ensure people and drivers can see and notice the seriousness of the situation,

- ii. encourage public figures who overcame the issue of body shaming to provide help to others in need of aid through giving out public speeches and initiating campaigns,
 - c. social campaign that encourages citizens to prevent the victims of body shaming;
2. Urges all member states to provide proper educations for students to be aware of the risks, impacts, and solutions of body shaming through such ways but not limited to:
- a. including issues of body shaming in school curriculum in order to allow students to learn about:
 - i. body shaming and its seriousness,
 - ii. proper relationship between religion and human rights,
 - iii. the importance of caring for oneself and respecting others,
 - iv. the positiveness of uniqueness in outward looks,
 - b. cooperating with the Non-Governmental Organizations such as Teachers without borders, Trainer without borders, or National Association of Anorexia Nervosa and Associated Disorders (ANAD), to train/help the instructors (or teachers) regarding the issue,
 - c. preventing young generation from being a future body shaming perpetrator and to teach them how to react against this issue by such as but not limited to:
 - i. establishing firm policies of unacceptable behaviour and creating clear boundaries of body shaming,
 - ii. establishing open communication with students so that students can make clear decisions when they face body shaming,
 - iii. making sure that they are aware of incidents of body shaming and laws that govern it in their states;
3. Further Urges member states to support the companies and organizations that strive to reduce body shaming in the societies by ways such as but not limited to:
- a. sending out mandatory anonymous annual surveys on companies regarding body shaming and rating the companies accordingly through the survey results that include such as but not limited to:
 - i. workers' perception and level of awareness of body shaming,
 - ii. the number of workers who reported that they have felt uncomfortable by body shaming,
 - iii. the workers' perception of the company's efforts to reduce the harmful effects of body shaming,
 - b. reducing taxes imposed on the products related to the prevention of body shaming including,
 - i. hijab swimwear that protects Muslim women from experiencing body shaming covers full bodies of Muslim women,
 - ii. hijab dresses proposed by several companies,
 - c. subsidizing money for the companies and organizations that actively contribute to the reduction of body shaming, as investigated and judged through methods such as surveys;

4. Calls upon member states to respond to body shaming results from religious traditions through such ways but not limited to:
 - a. establishing a legal approach to help individuals who want to be free from traditions that foster body shaming through such ways but not limited to:
 - i. abolish any types of law that gives disadvantages to an individual who peacefully opposes the tradition which promote body shaming,
 - ii. legislate strict law to protect an individual from body shaming and personal abuse happening in both online and offline,
 - iii. protecting the individuals' right to make a choice to whether or not they should abide to the religious traditions that may potentially result in body shaming,
 - b. aid from United Nations Human Rights Council (UNHRC) to help other nations to establish national/regional organization that regularly and systematically reviews human rights conditions particularly on body shaming,
 - c. raising awareness on the seriousness of religious traditions that promote body shaming through such methods but not limited to:
 - i. state-sanctioned public service announcements about the dangers and implications of body shaming,
 - ii. television advertisements,
 - iii. social media such as YouTube and Facebook;

5. Encourages nations to offer treatment solution for victims to recover the mental health to live properly through such ways but not limited to:
 - a. providing legal psychological aid of constant face to face meeting with psychologists in order to help victims in such ways but not limited to:
 - i. building self-esteem and self-confidence through hearing and discussing individual concerns on the issue,
 - ii. teaching them how to react against body shaming and let them voice,
 - b. providing care programs that regularly have meetings to understand concerns of individuals and assistance ways to avoid from discriminative situations,
 - c. providing all financial support until the victim overcomes the psychological damage by raising funds through aids from NGOs,
 - d. preventing symptoms of self-destructive behavior, recurring memories of the incident, and negative change in mood and thinking;
 - e. ensuring that all hospitals and medical facilities are trained to care for victims of body shaming, with emphasis placed on specialties to deal with problems such as but not limited to:
 - i. help relieving stress or anxiety about abuser,
 - ii. deal with any post-traumatic stress symptoms that the victim is experiencing.