



Component 2: Photography

Standard Mark – 48

	AO1	AO2	AO3	AO4	TOTAL
Mark	11	12	13	12	48
Level	4	4	5	4	
	Mostly competent and consistent ability	Fully competent and consistent ability	Just confident and assured ability	Fully competent and consistent ability	

Keyword descriptors from the taxonomy:

Focused

Purposeful

Secure

Engaged

Skilful

Thoughtful

Cohesive

Examiner comments

This Photography Component 2 submission is presented as PDFs of digital slides with outcomes integrated as well as presented as standalone digital images. Images of the work selected here reflect the characteristics of work between Performance Level 4, Competent and Consistent and Performance Level 5, Confident and Assured ability, with a mark of 48/72.

Working from the Externally Set Assignment title 'Lock' the candidate navigates from this starting point to 'Self-worth' then 'Social Standards'. Using a variety of contextual sources as a starting point the candidate quickly focuses in on the song 'scars to your beautiful' by Alessia Cara to inform their observations of beauty and application of make-up, as shown in their first photoshoot. Through the completion of further photoshoots and written annotated reflections, they progress their ideas and refine their observations purposefully. Technical skill is seen to progress through not only in the capturing but also in the editing of the photographs. Digital software is used to complete this process for example, cropping and contrast adjustments to result in a more skilful outcome. Working frequently with monochrome the candidate focuses on texture and lighting to really engage the viewer.

The later series of photoshoots are worked through in colour and have had considerable time put into staging and directing the scenario being portrayed and captured. Thoughtful use of a variety of models helps these shoots separate narratives and allows the candidate to show idea development as well as visual language and technical skills.

The candidate refines their ideas of how girls are perceived by society "...the main point I wanted to target within my prints is that society will never change, it will always be forceful and unfair, so we are the ones who need to change around it...".

To further develop this body of work to go beyond that of Performance Level 4, the candidate would benefit from demonstrating a more perceptive analyses of contextual sources, which, could then inform idea refinements and experimentation of techniques and processes, leading to a more accomplished personal response.

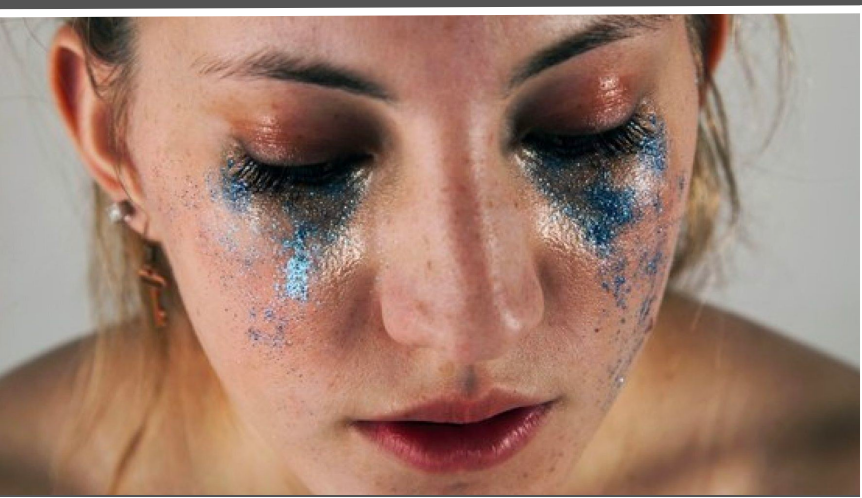
LOCK

GCSE photography



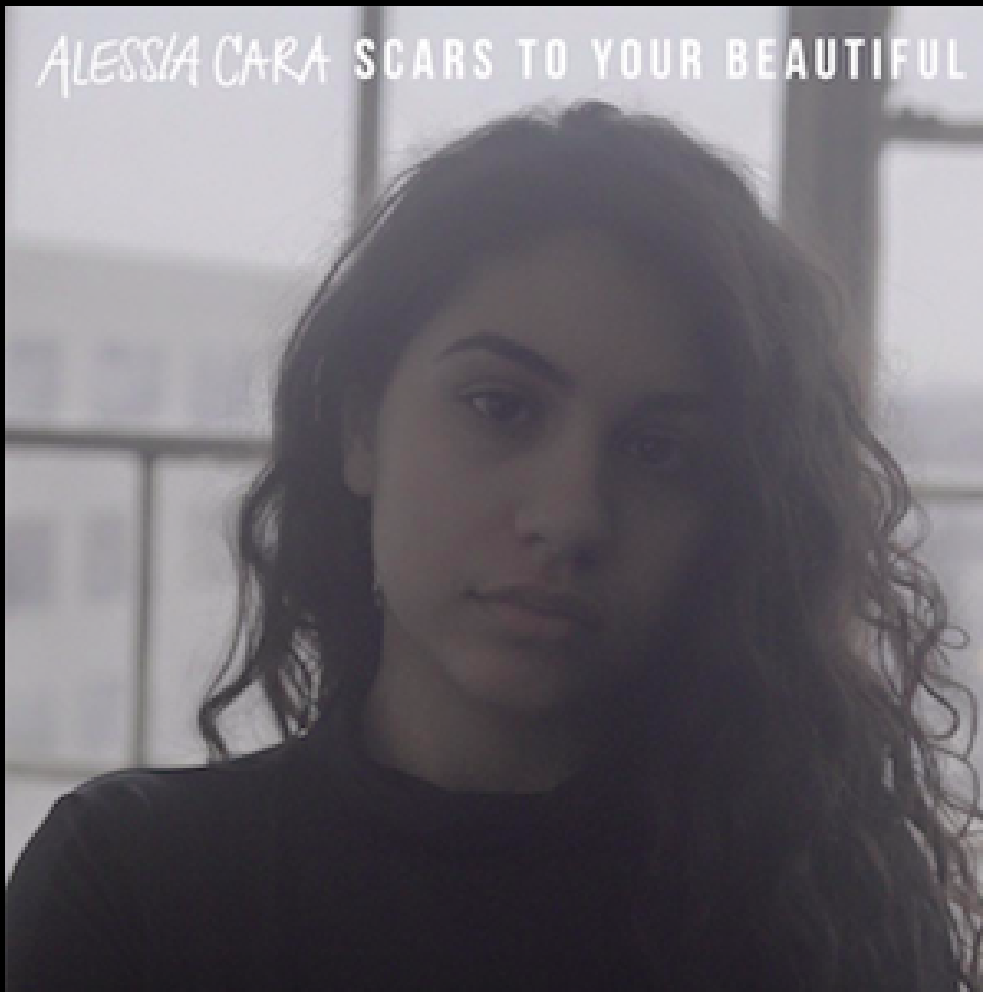
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feeling-closed-promise-image-hypnotising-youth-
passage-abuse-isolating-human nature-sleep
paralysis-marriage-united-physical lock-work
ethic-safety-embrace-protect-together-stuck-
claustrophobia-habits-bolt-gated-combined-prison-
darkness-deep-underground-aesthetic-society-
expectation-capture-release-hooked-sealed-
phobia-weakness-heights-insomnia-lucid dreaming-
empathy-family-domestic violence-anger-fear-
frozen-schizophrenia-addiction-substance abuse-
repeating-order-cycle-kidnapped-bipolar-
depression-dementia-restricted-love-torture-
value-never ending-dissociation-danger-
spiderweb-deception-chaos-lies-captive-battle-
jealousy-war-religion-cult-crime-fear-hatred-
broken-nightmare-destination-interest-history-
education-cage-honesty-punishment-alone-
imprisoned-confinement-evil-prisoner-birds-free-
letters-relationships-torn-guns-universe-days
repeat-key-confined-phobia-mind-trauma-self
worth

greek societal views
mythology selection
pageant un-natural
social self worth
exceptions trapped
control
"beauty is pain" in
fake body
STANDARDS



scars to your beautiful

my chosen influence to zoom into for my upcoming shoots is the song 'scars to your beautiful', i chose this song because it personally means alot to me and many other girls. This song discusses what it is like to live as a young girl in society, living with the pressures of society forcing us to be perfect. This explains how people shape themselves into societies perfect people and perfect pictures, letting them lose theirselves along the way. for me personally



i see this song as a way to speak out to other people forcing theirselves into societies standards and to tell these people that it is okay to be themselves. i think the way the song describes what the 'perfect girls' dont do, and it is everyday necessities such as the lyric 'cover girls eat nothing' really puts into perspective how the views of society are ridiculous. it shows how the needs to be a perfect person and the most beautiful girl doesnt measure up to the need to be yourself. The lyric that made me choose this song for my influence is 'she knows no limits, she craves attention' because i believe it speaks out about the age young girls start feeling the pressure of society, when they are nieve

SHE JUST WANTS TO BE
beautiful



SHE JUST WANTS TO BE BEAUTIFUL

in this shoot you will see representation of how girls use makeup to cover their imperfections. i decided to use this idea for a shoot because first of all it fits into my theme of beauty standards but also to show how it is normalised to cake on makeup, hiding your freckles and moles. you cover your pale lips with lipstick and cover your pink cheeks with bronzer doing anything to change the person before you in the mirror. this is not what its suppose to be like



IMG_1874.HEIC
17 February 2023 at 12:54:43
IMG_1874.HEIC
1/60 | f/1.6 | Flash: No



IMG_1875.HEIC
17 February 2023 at 12:54:46
IMG_1875.HEIC
1/60 | f/1.6 | Flash: No



IMG_1876.HEIC
17 February 2023 at 12:54:50
IMG_1876.HEIC
1/60 | f/1.6 | Flash: No



IMG_1877.HEIC
17 February 2023 at 12:55:12
IMG_1877.HEIC
1/60 | f/1.6 | Flash: No



IMG_1878.HEIC
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1/43 | f/1.6 | Flash: No



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IMG_1889.HEIC
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My overall theme for this portfolio is about societal standards on people, and what society deems as beautiful and 'perfect'. I chose to base my whole portfolio of the song 'Scars to Your Beautiful' using a lyric for each shoot that I will base the whole shoot on. For this shoot used 'she just wants to be beautiful' I want to show how society shows standards that girls should live up to, making young girls follow this as a guide for how they should appear and look. I also wanted to show how girls practice makeup, seeing trends online or from other people and wanting to copy these and look as the other girls do. I personally think that makeup is an important part of a girl growing up due to societal expectations, even though it shouldn't be this way, I do think that a lot of girls rely on makeup and cosmetics to feel beautiful and to feel worth society's compliments and love, so I wanted to show that it is normal to want to look different and how society has made us want to look in a way that we naturally don't. So in this shoot I used makeup to show how we create a face that we then don't recognize



The reason i took this photo is to show the trial and faliture of makeup, i like how you can see the amount of makeup on the wipe because it shows how she wants to be perfect so she will keep trying until shes perfect. i love how the eyelash curler in the background is sat as if she is about to pick it up and use it. the makeup being scrunched up almost looks as if she got frustrated, it continuously went wrong so she put down the eye lash curled and the makeup wipe got scrunched in frustration.





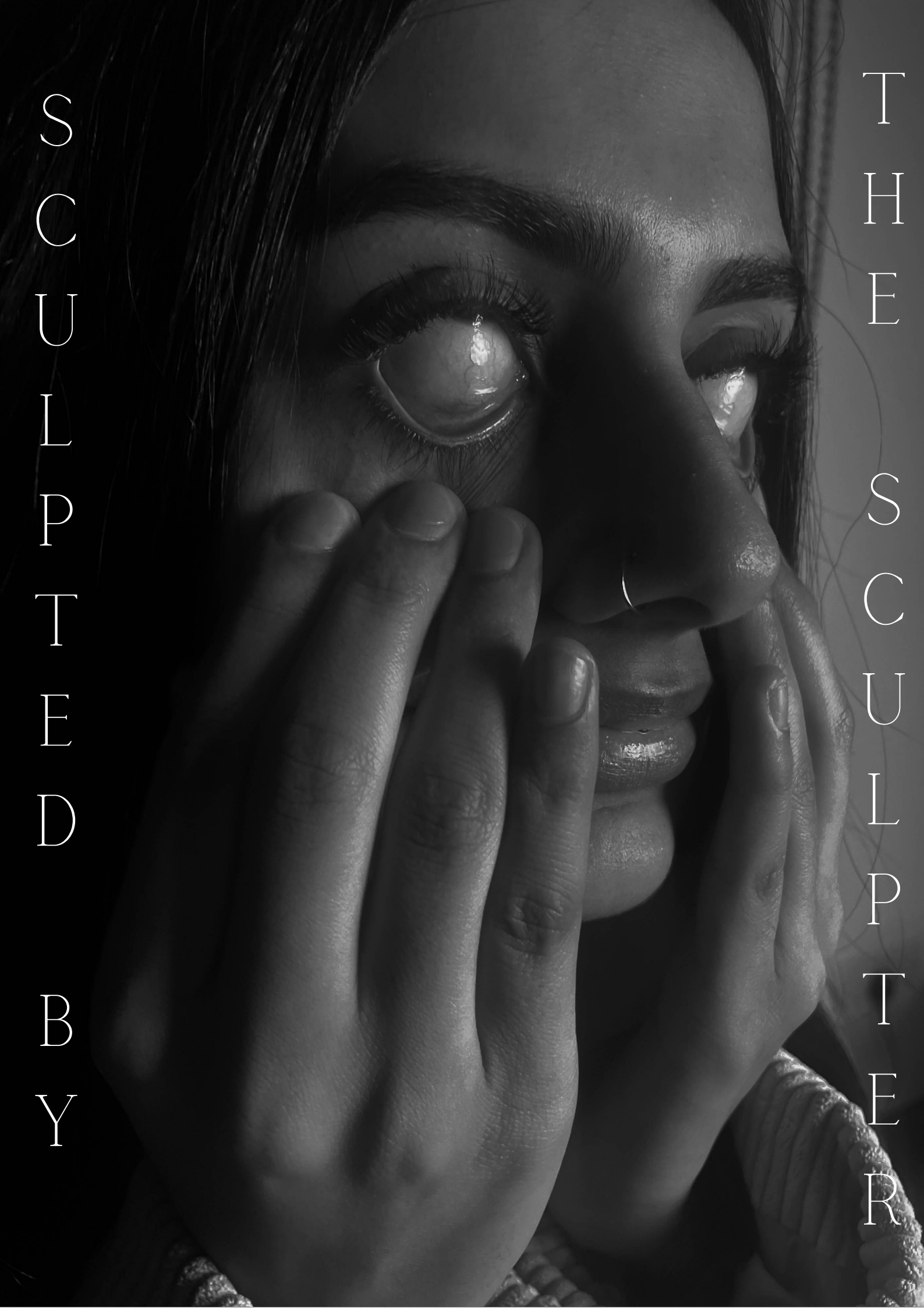


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sculpted by the sculptor

'sculpted by the sculptor' is a shoot i decided to take to show how society bends girls into what they deem perfect. i chose to use this idea because it connects to the idea about standards however this isnt just the standards of society because they are physically changing us and forming us into something that we are not.



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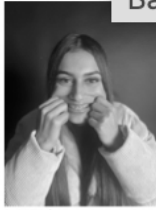
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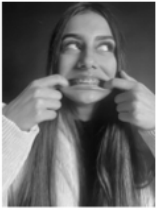


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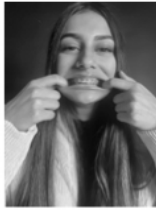


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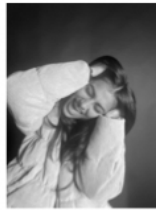
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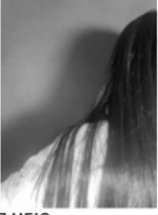
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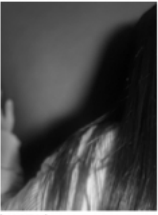
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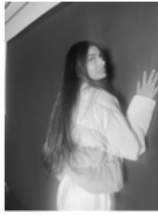
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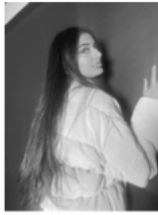
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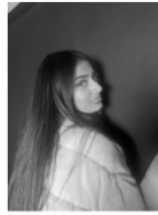
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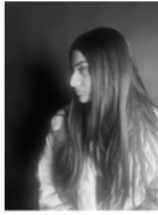
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IMG_1399.HEIC
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IMG_1403.HEIC
7 February 2023 at 13:32:39
IMG_1403.HEIC
1/60 | f/1.6 | Flash: No



IMG_1404.HEIC
7 February 2023 at 13:32:48
IMG_1404.HEIC
1/60 | f/1.6 | Flash: No



IMG_1405.HEIC
7 February 2023 at 13:32:50
IMG_1405.HEIC
1/53 | f/1.6 | Flash: No



IMG_1406.HEIC
7 February 2023 at 13:32:52
IMG_1406.HEIC
1/60 | f/1.6 | Flash: No



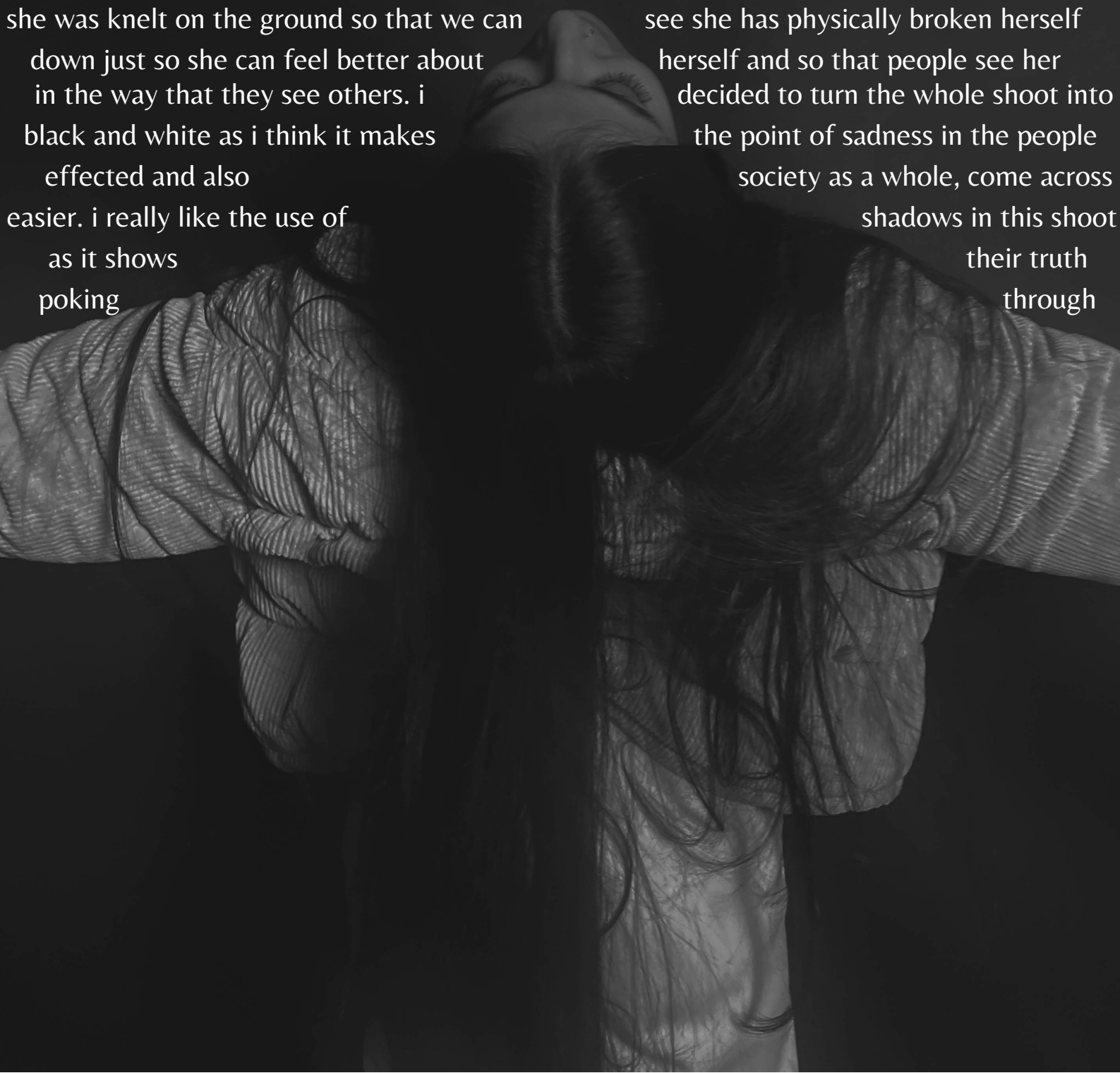
IMG_1407.HEIC
7 February 2023 at 13:32:55
IMG_1407.HEIC
1/42 | f/1.6 | Flash: No



IMG_1408.HEIC
7 February 2023 at 13:33:08
IMG_1408.HEIC
1/55 | f/1.6 | Flash: No



i chose to start with my shoot 'picture perfect' because i want to use a theme of standards and societal views throughout this piece of coursework, i wanted to start with beauty standards to show the viewer what my theme would be, as in my opinion beauty standards is an easier topic to differentiate between others. i want to use the idea of beauty standards for my first couple of shoots, so in my next one i want to show the differences of people, because of this i thought that the first section of the idea should be about societal views and how they will make you into what they want you to be. In this shoot i used the girl bent back to show the trust that she put in society and how they never catch her when she falls but instead breaks her down. i also asked her to stretch her face, and pull down her eyes to show her physically changing herself and forcing unnatural qualities just to 'fit into' societies standards and opinions. i really like this shoot because i think it shows how young people are influenced to continuously change themselves to match other people expectations. i also took photos where she was knelt on the ground so that we can see she has physically broken herself down just so she can feel better about herself and so that people see her in the way that they see others. i decided to turn the whole shoot into black and white as i think it makes the point of sadness in the people effected and also society as a whole, come across easier. i really like the use of shadows in this shoot as it shows their truth poking through



VOGUE

i decided to put these three photos together because of their similar look



SHE TRIES TO COVER UP THE PAIN



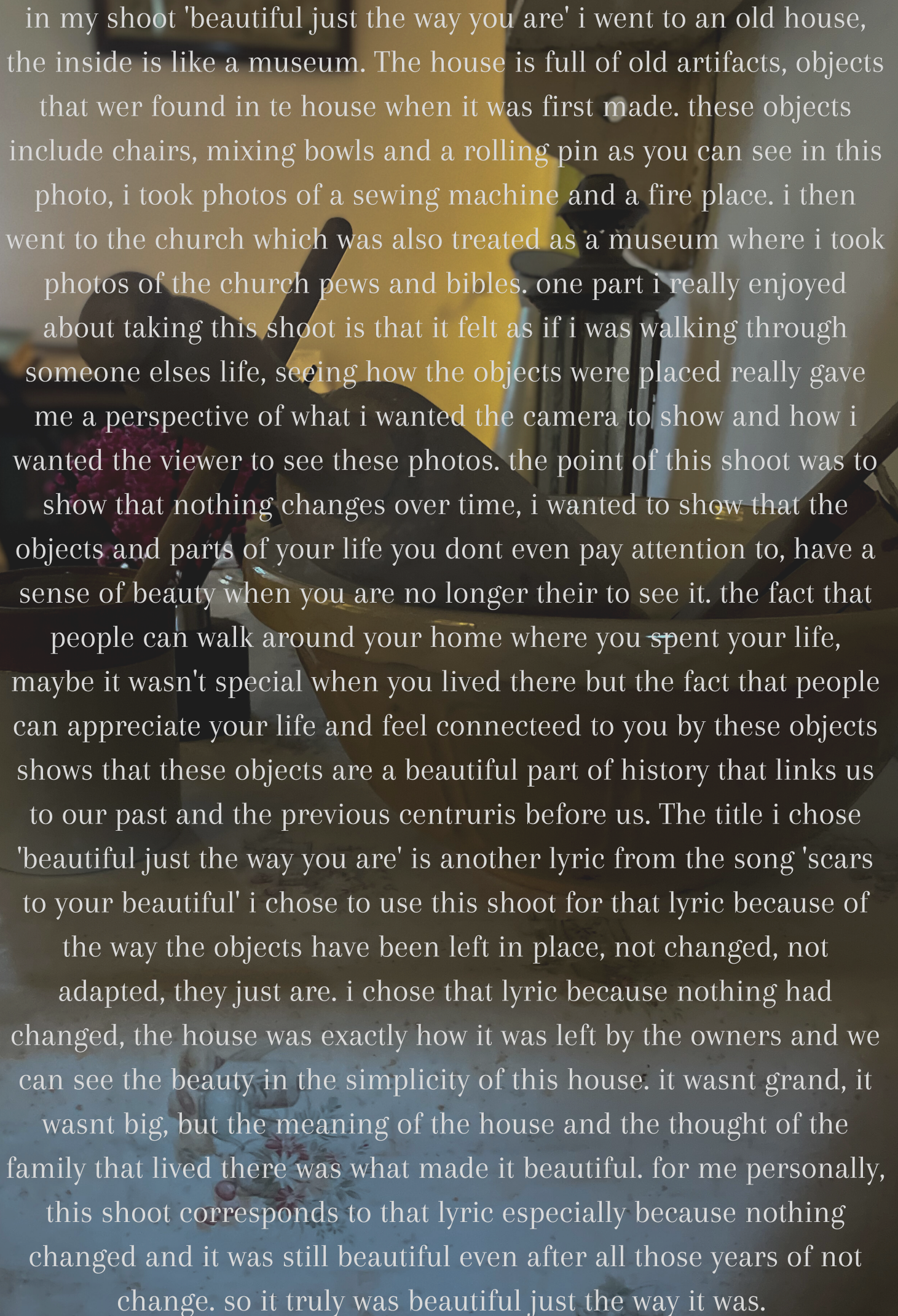






beautiful just the way you
are





in my shoot 'beautiful just the way you are' i went to an old house, the inside is like a museum. The house is full of old artifacts, objects that wer found in te house when it was first made. these objects include chairs, mixing bowls and a rolling pin as you can see in this photo, i took photos of a sewing machine and a fire place. i then went to the church which was also treated as a museum where i took photos of the church pews and bibles. one part i really enjoyed about taking this shoot is that it felt as if i was walking through someone elses life, seeing how the objects were placed really gave me a perspective of what i wanted the camera to show and how i wanted the viewer to see these photos. the point of this shoot was to show that nothing changes over time, i wanted to show that the objects and parts of your life you dont even pay attention to, have a sense of beauty when you are no longer their to see it. the fact that people can walk around your home where you spent your life, maybe it wasn't special when you lived there but the fact that people can appreciate your life and feel connecteed to you by these objects shows that these objects are a beautiful part of history that links us to our past and the previous centruris before us. The title i chose 'beautiful just the way you are' is another lyric from the song 'scars to your beautiful' i chose to use this shoot for that lyric because of the way the objects have been left in place, not changed, not adapted, they just are. i chose that lyric because nothing had changed, the house was exactly how it was left by the owners and we can see the beauty in the simplicity of this house. it wasnt grand, it wasnt big, but the meaning of the house and the thought of the family that lived there was what made it beautiful. for me personally, this shoot corresponds to that lyric especially because nothing changed and it was still beautiful even after all those years of not change. so it truly was beautiful just the way it was.



IMG_1613.HEIC
13 February 2023 at 14:26:19
IMG_1613.HEIC
1/50 | f/1.6 | Flash: No



IMG_1614.HEIC
13 February 2023 at 14:26:24
IMG_1614.HEIC
1/50 | f/1.6 | Flash: No



IMG_1615.HEIC
13 February 2023 at 14:26:31
IMG_1615.HEIC
1/50 | f/1.6 | Flash: No



IMG_1616.HEIC
13 February 2023 at 14:27:42
IMG_1616.HEIC
1/50 | f/1.6 | Flash: No



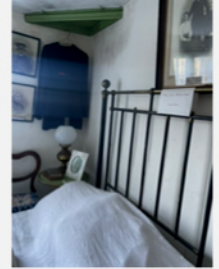
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13 February 2023 at 14:27:46
IMG_1617.HEIC
1/100 | f/1.6 | Flash: No



IMG_1618.HEIC
13 February 2023 at 14:27:48
IMG_1618.HEIC
1/100 | f/1.6 | Flash: No



IMG_1619.HEIC
13 February 2023 at 14:27:51
IMG_1619.HEIC
1/100 | f/1.6 | Flash: No



IMG_1620.HEIC
13 February 2023 at 14:27:55
IMG_1620.HEIC
1/50 | f/1.6 | Flash: No



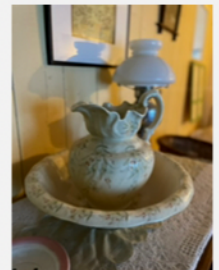
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13 February 2023 at 14:28:00
IMG_1621.HEIC
1/50 | f/1.6 | Flash: No



IMG_1622.HEIC
13 February 2023 at 14:28:01
IMG_1622.HEIC
1/50 | f/1.6 | Flash: No



IMG_1623.HEIC
13 February 2023 at 14:28:02
IMG_1623.HEIC
1/50 | f/1.6 | Flash: No



IMG_1624.HEIC
13 February 2023 at 14:28:19
IMG_1624.HEIC
1/33 | f/1.6 | Flash: No



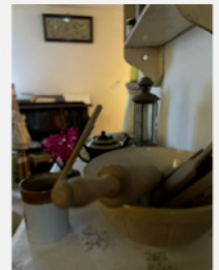
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IMG_1625.HEIC
1/33 | f/1.6 | Flash: No



IMG_1626.HEIC
13 February 2023 at 14:28:24
IMG_1626.HEIC
1/100 | f/1.6 | Flash: No



IMG_1627.HEIC
13 February 2023 at 14:28:27
IMG_1627.HEIC
1/25 | f/1.6 | Flash: No



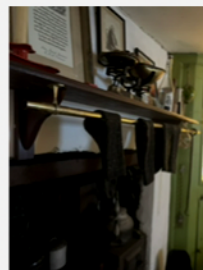
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IMG_1628.HEIC
1/25 | f/1.6 | Flash: No



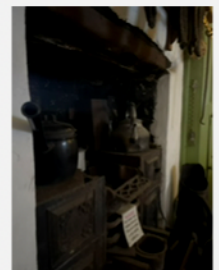
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13 February 2023 at 14:28:59
IMG_1629.HEIC
1/25 | f/1.6 | Flash: No



IMG_1630.HEIC
13 February 2023 at 14:29:03
IMG_1630.HEIC
1/20 | f/1.6 | Flash: No



IMG_1631.HEIC
13 February 2023 at 14:29:04
IMG_1631.HEIC
1/20 | f/1.6 | Flash: No



IMG_1632.HEIC
13 February 2023 at 14:29:09
IMG_1632.HEIC
1/14 | f/1.6 | Flash: No



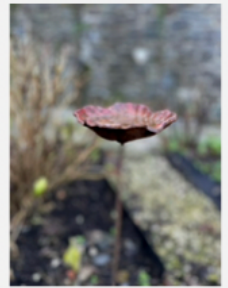
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13 February 2023 at 14:31:32
IMG_1648.HEIC
1/33 | f/1.6 | Flash: No



IMG_1649.HEIC
13 February 2023 at 14:31:39
IMG_1649.HEIC
1/50 | f/1.6 | Flash: No



IMG_1650.HEIC
13 February 2023 at 14:31:40
IMG_1650.HEIC
1/50 | f/1.6 | Flash: No



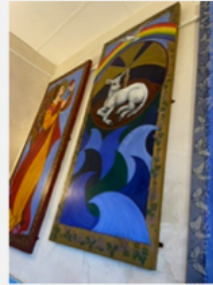
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13 February 2023 at 14:31:49
IMG_1651.HEIC
1/50 | f/1.6 | Flash: No



IMG_1652.HEIC
13 February 2023 at 14:32:02
IMG_1652.HEIC
1/50 | f/1.6 | Flash: No



IMG_1653.HEIC
13 February 2023 at 14:32:05
IMG_1653.HEIC
1/50 | f/1.6 | Flash: No



IMG_1654.HEIC
13 February 2023 at 14:32:08
IMG_1654.HEIC
1/50 | f/1.6 | Flash: No



IMG_1655.HEIC
13 February 2023 at 14:32:26
IMG_1655.HEIC
1/50 | f/1.6 | Flash: No



IMG_1656.HEIC
13 February 2023 at 14:32:29
IMG_1656.HEIC
1/50 | f/1.6 | Flash: No



IMG_1657.HEIC
13 February 2023 at 14:32:31
IMG_1657.HEIC
1/50 | f/1.6 | Flash: No



IMG_1643.HEIC
13 February 2023 at 14:31:12
IMG_1643.HEIC
1/50 | f/1.6 | Flash: No



IMG_1644.HEIC
13 February 2023 at 14:31:16
IMG_1644.HEIC
1/25 | f/1.6 | Flash: No



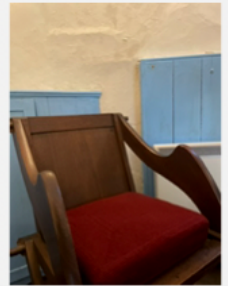
IMG_1645.HEIC
13 February 2023 at 14:31:20
IMG_1645.HEIC
1/33 | f/1.6 | Flash: No



IMG_1646.HEIC
13 February 2023 at 14:31:24
IMG_1646.HEIC
1/50 | f/1.6 | Flash: No



IMG_1647.HEIC
13 February 2023 at 14:31:30
IMG_1647.HEIC
1/33 | f/1.6 | Flash: No



IMG_1648.HEIC
13 February 2023 at 14:31:32
IMG_1648.HEIC
1/33 | f/1.6 | Flash: No



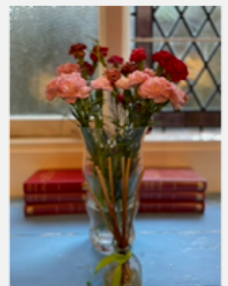
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13 February 2023 at 14:31:39
IMG_1649.HEIC
1/50 | f/1.6 | Flash: No



IMG_1650.HEIC
13 February 2023 at 14:31:40
IMG_1650.HEIC
1/50 | f/1.6 | Flash: No



IMG_1651.HEIC
13 February 2023 at 14:31:49
IMG_1651.HEIC
1/50 | f/1.6 | Flash: No



IMG_1652.HEIC
13 February 2023 at 14:32:02
IMG_1652.HEIC
1/50 | f/1.6 | Flash: No

scars to your beautiful







...memorates
...among those who
King and Country left all
faced danger, and endured hardships,
and finally passed out of
the sight of men by the path of duty
and self-sacrifice, giving up their own
lives that others might live in freedom.
Let those who come after see to it
that his name be not forgotten.

*Sgt. Frank Badcock
H. M. S. President*

I love this photo in black and white. I think that it adds to the aspect of time changing, even though the pictures was taken in the modern time the black and white colour shows its age. The socks placed over the fire also makes it feel as if the people still live there, which they don't.





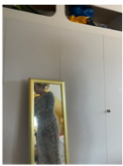
this photo seems as if someone is still living there. it looks as if the bed is made for the owner to crawl into the bed when they get home from a long day of work. i wanted to take this photo to show that after you die, life stays still for the people you love. society moves on but the



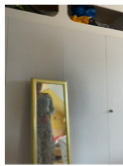
people you love, and who love you, will preserve your presense. they will want to keep your memory in that space. i thought this should be a part of my portfolio because it shows how society as a whole doesnt care who lives or dies however the people in your life are the ones to stay.

COVER GIRLS EAT
NOTHING

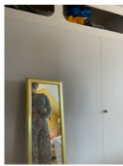




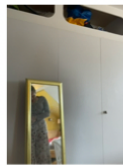
IMG_2545.HEIC
12 March 2023 at 15:24:04
IMG_2545.HEIC
1/40 | f/2.2 | Flash: No



IMG_2546.HEIC
12 March 2023 at 15:24:11
IMG_2546.HEIC
1/40 | f/2.2 | Flash: No



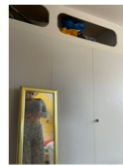
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IMG_2547.HEIC
1/40 | f/2.2 | Flash: No



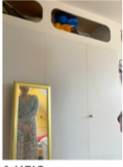
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12 March 2023 at 15:24:23
IMG_2548.HEIC
1/40 | f/2.2 | Flash: No



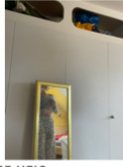
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IMG_2549.HEIC
1/40 | f/2.2 | Flash: No



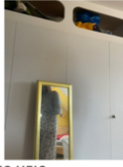
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12 March 2023 at 15:25:51
IMG_2553.HEIC
1/40 | f/2.2 | Flash: No



IMG_2554.HEIC
12 March 2023 at 15:25:57
IMG_2554.HEIC
1/40 | f/2.2 | Flash: No



IMG_2555.HEIC
12 March 2023 at 15:26:22
IMG_2555.HEIC
1/40 | f/2.2 | Flash: No



IMG_2558.HEIC
12 March 2023 at 15:26:41
IMG_2558.HEIC
1/40 | f/2.2 | Flash: No



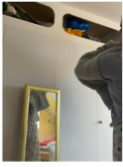
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12 March 2023 at 15:27:06
IMG_2559.HEIC
1/32 | f/2.2 | Flash: No



IMG_2560.HEIC
12 March 2023 at 15:27:12
IMG_2560.HEIC
1/35 | f/2.2 | Flash: No



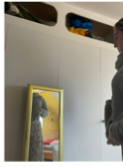
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12 March 2023 at 15:27:51
IMG_2561.HEIC
1/37 | f/2.2 | Flash: No



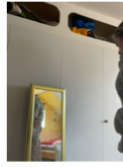
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12 March 2023 at 15:28:02
IMG_2562.HEIC
1/40 | f/2.2 | Flash: No



IMG_2563.HEIC
12 March 2023 at 15:28:09
IMG_2563.HEIC
1/40 | f/2.2 | Flash: No



IMG_2564.HEIC
12 March 2023 at 15:29:08
IMG_2564.HEIC
1/40 | f/2.2 | Flash: No



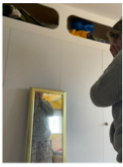
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12 March 2023 at 15:29:13
IMG_2565.HEIC
1/40 | f/2.2 | Flash: No



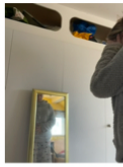
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12 March 2023 at 15:29:29
IMG_2566.HEIC
1/40 | f/2.2 | Flash: No



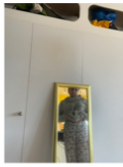
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12 March 2023 at 15:29:35
IMG_2567.HEIC
1/40 | f/2.2 | Flash: No



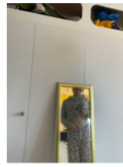
IMG_2568.HEIC
12 March 2023 at 15:29:44
IMG_2568.HEIC
1/40 | f/2.2 | Flash: No



IMG_2570.HEIC
12 March 2023 at 15:29:55
IMG_2570.HEIC
1/40 | f/2.2 | Flash: No



IMG_2574.HEIC
12 March 2023 at 15:34:20
IMG_2574.HEIC
1/36 | f/2.2 | Flash: No



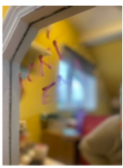
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12 March 2023 at 15:34:28
IMG_2575.HEIC
1/36 | f/2.2 | Flash: No



IMG_2576.HEIC
12 March 2023 at 15:36:00
IMG_2576.HEIC
1/121 | f/1.6 | Flash: No



IMG_2577.HEIC
12 March 2023 at 15:36:04
IMG_2577.HEIC
1/121 | f/1.6 | Flash: No



IMG_2578.HEIC
12 March 2023 at 15:36:12
IMG_2578.HEIC
1/121 | f/1.6 | Flash: No



IMG_2579.HEIC
12 March 2023 at 15:36:20
IMG_2579.HEIC
1/105 | f/1.6 | Flash: No



IMG_2580.HEIC
12 March 2023 at 15:36:31
IMG_2580.HEIC
1/65 | f/1.6 | Flash: No



IMG_2582.HEIC
12 March 2023 at 15:40:50
IMG_2582.HEIC
1/18 | f/1.6 | Flash: Yes



IMG_2583.HEIC
12 March 2023 at 15:40:54
IMG_2583.HEIC
1/4 | f/1.6 | Flash: Yes



IMG_2584.HEIC
12 March 2023 at 15:41:01
IMG_2584.HEIC
1/4 | f/1.6 | Flash: Yes



IMG_2585.HEIC
12 March 2023 at 15:41:17
IMG_2585.HEIC
1/53 | f/1.6 | Flash: Yes



IMG_2586.HEIC
12 March 2023 at 15:41:33
IMG_2586.HEIC
1/33 | f/1.6 | Flash: Yes



IMG_2587.HEIC
12 March 2023 at 15:41:41
IMG_2587.HEIC
1/4 | f/1.6 | Flash: Yes



IMG_2588.HEIC
12 March 2023 at 15:41:46
IMG_2588.HEIC
1/16 | f/1.6 | Flash: No



IMG_2589.HEIC
12 March 2023 at 15:41:50
IMG_2589.HEIC
1/16 | f/1.6 | Flash: No



IMG_2590.HEIC
12 March 2023 at 15:41:57
IMG_2590.HEIC
1/26 | f/1.6 | Flash: No



IMG_2592.HEIC
12 March 2023 at 15:42:14
IMG_2592.HEIC
1/30 | f/1.6 | Flash: No



IMG_2593.HEIC
12 March 2023 at 15:42:20
IMG_2593.HEIC
1/17 | f/1.6 | Flash: Yes



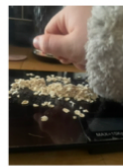
IMG_2594.HEIC
12 March 2023 at 15:43:36
IMG_2594.HEIC
1/29 | f/1.6 | Flash: No



IMG_2595.HEIC
12 March 2023 at 15:43:37
IMG_2595.HEIC
1/29 | f/1.6 | Flash: No



IMG_2596.HEIC
12 March 2023 at 15:43:38
IMG_2596.HEIC
1/23 | f/1.6 | Flash: No



IMG_2597.HEIC
12 March 2023 at 15:43:43
IMG_2597.HEIC
1/30 | f/1.6 | Flash: No



IMG_2603.HEIC
12 March 2023 at 15:44:30
IMG_2603.HEIC
1/30 | f/1.6 | Flash: No



IMG_2604.HEIC
12 March 2023 at 15:44:43
IMG_2604.HEIC
1/82 | f/1.6 | Flash: Yes



IMG_2606.HEIC
12 March 2023 at 15:45:01
IMG_2606.HEIC
1/44 | f/1.6 | Flash: No



IMG_2607.HEIC
12 March 2023 at 15:45:02
IMG_2607.HEIC
1/48 | f/1.6 | Flash: No

in this shoot 'covergirls eat nothing' i chose to use a mirror, i wanted to use a mirror because it shows how your reflection deceives you, i think by using a mirror it can also show how you are focused on your looks and how every time you walk past the mirror you stare into it looking for change as if your waiting for yourself to look completely different. i also think by using a mirror it shows how your look different in your own eyes.









NOTHING
TASTES AS
GOOD AS
SKINNY
FEELS

YOUR BODY DOES NOT
NEED TO FIT INTO THE
MOLD THAT SOCIETY
HAS DEEMED AS
"BEAUTIFUL".

@JESSMALINGOWSKI

MY

INFLUENCE

“Everything has
beauty, but not
everyone sees it.”

—CONFUCIUS



BEAUTY, TO ME,
IS ABOUT BEING
COMFORTABLE
IN YOUR OWN SKIN.
THAT OR A
KICK-ASS
RED LIPSTICK.



...
Guyneth Paltrow

KEEPINSPIRING.ME

“Feeling beautiful
has nothing to do with
what you look like.”

EMMA WATSON





NOTHING
TASTES AS
GOOD AS
SKINNY
FEELS

YOUR BODY DOES NOT
NEED TO FIT INTO THE
MOLD THAT SOCIETY
HAS DEEMED AS
"BEAUTIFUL".

@JESSMALINGOWSKI

**“Everything has
beauty, but not
everyone sees it.”**

—CONFUCIUS

RD

BEAUTY, TO ME,
IS ABOUT BEING
COMFORTABLE
IN YOUR OWN SKIN.
THAT OR A
KICK-ASS
RED LIPSTICK.

...

Guyneth Paltrow

KEEPINSPIRING.ME



**“Feeling beautiful
has nothing to do with
what you look like.”**

EMMA WATSON



"be kind to yourself. your body is a temple and you are the goddess that resides within it" – poetic peach

"BE KIND TO YOURSELF. YOUR BODY IS A TEMPLE
AND YOU ARE THE GODDESS THAT RESIDES WITHIN
IT"- POETIC PEACH

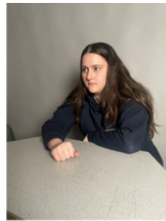
this shoot shows a girl in class, we can clearly see that she is worried and angry. she is taking out her feelings on someone else which is why i chose to use this quote. in our society today we need to learn that we need to treat ourselves with kindness in order for others to treat us that way. instead of being confrontational and taking everything someone says as a mean comment against you, think about yourself, love yourself and you will realise that noone thinks bad thoughts about you or your body. your own mind thinks those thoughts.



IMG_2788.HEIC
20 March 2023 at 15:47:52
IMG_2788.HEIC
1/70 | f/1.6 | Flash: No



IMG_2789.HEIC
20 March 2023 at 15:47:52
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IMG_2790.HEIC
20 March 2023 at 15:47:53
IMG_2790.HEIC
1/67 | f/1.6 | Flash: No



IMG_2791.HEIC
20 March 2023 at 15:47:56
IMG_2791.HEIC
1/69 | f/1.6 | Flash: No



IMG_2794.HEIC
20 March 2023 at 15:48:14
IMG_2794.HEIC
1/77 | f/1.6 | Flash: No



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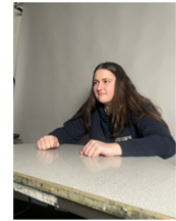
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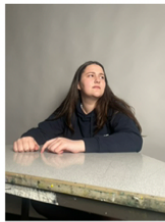
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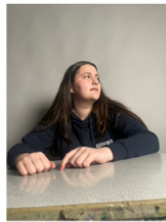
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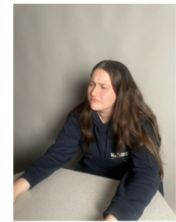
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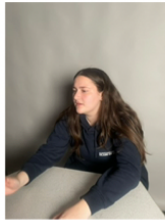
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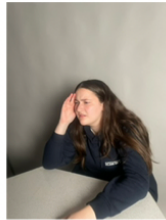
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1/81 | f/1.6 | Flash: No



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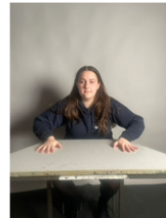
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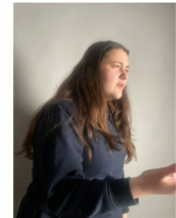
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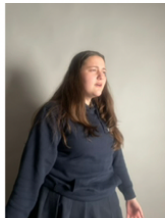
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1/60 | f/1.6 | Flash: No



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1/62 | f/1.6 | Flash: No



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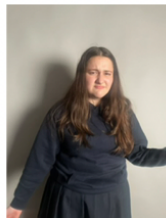
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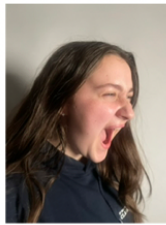
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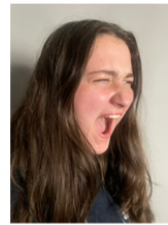
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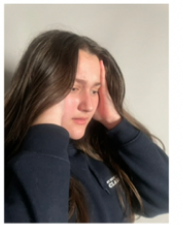
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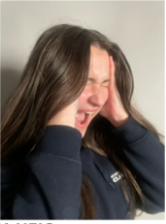
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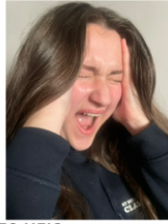
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1/56 | f/1.6 | Flash: No



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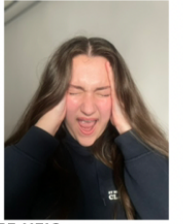
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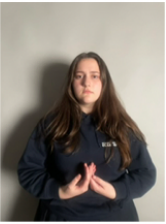
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1/59 | f/1.6 | Flash: No



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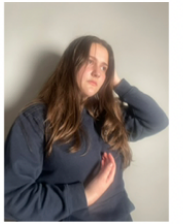
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1/50 | f/1.6 | Flash: No



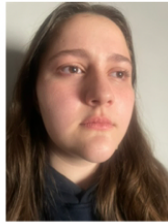
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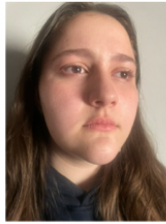
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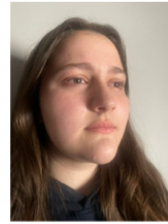
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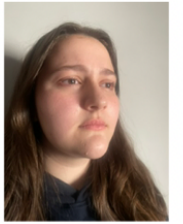
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IMG_2864.HEIC
1/40 | f/1.6 | Flash: No



IMG_2865.HEIC
20 March 2023 at 15:59:06
IMG_2865.HEIC
1/59 | f/1.6 | Flash: No



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IMG_2866.HEIC
1/55 | f/1.6 | Flash: No



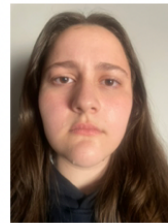
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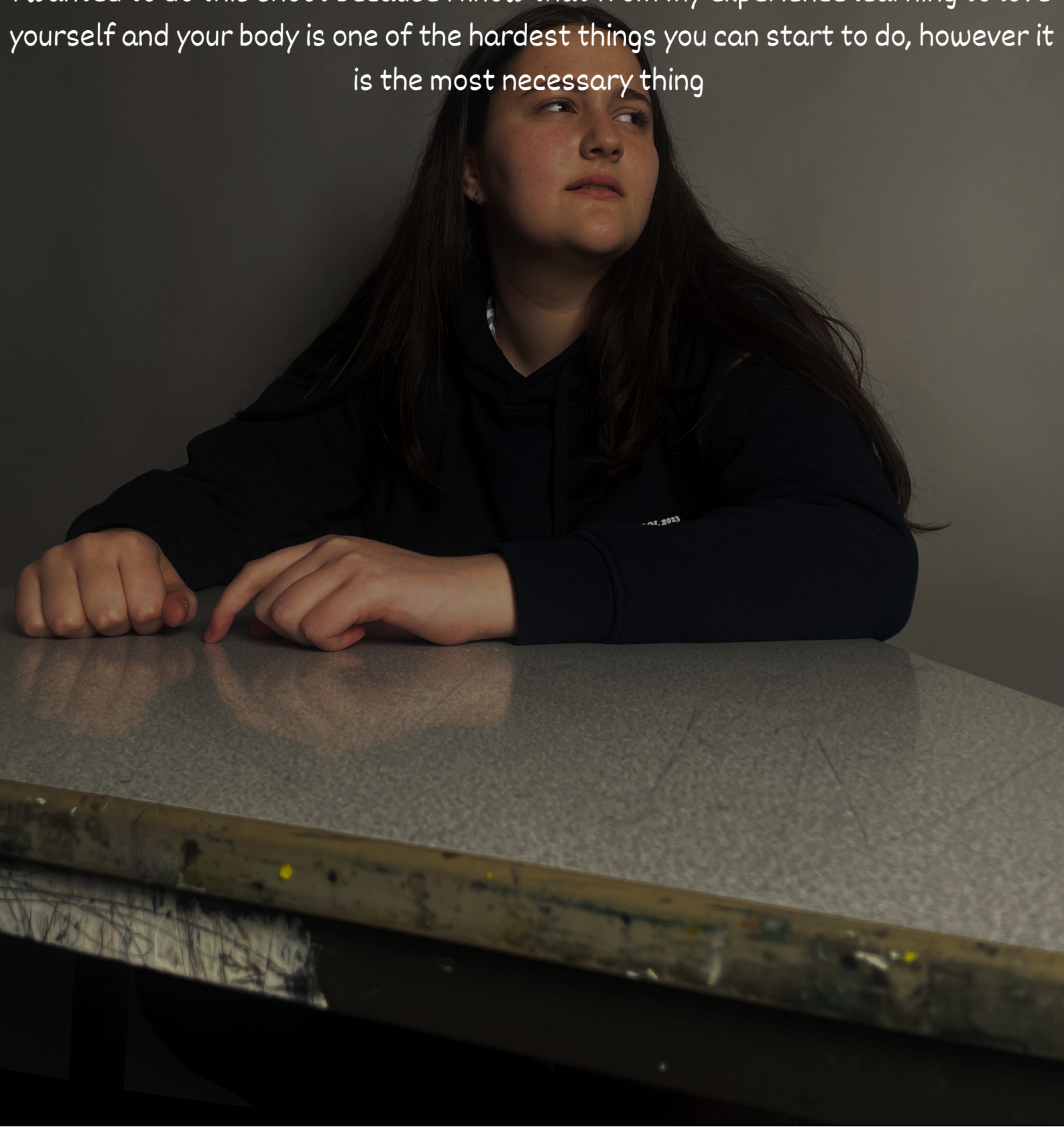
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1/60 | f/1.6 | Flash: No



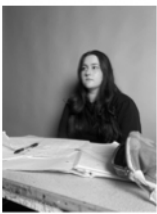
i chose this quote because i wanted to show how you take everything as a offense to you. constantly living life ready to defend yourself or to argue. not being able to take jokes because you think people will make bad comments about you and call you names when they wont. i wanted to do this shoot because i wanted to show how your opinions on yourself cause others to think the same. you are not confident so you sit with you head down and shoulders slumped, you feel like a target for bullying but the only bullying and mean comments you get are from your own mind, you percieve yourself in that way, thinking noone will love you because you dont. i wanted to do this shoot because i know that from my experience learning to love yourself and your body is one of the hardest things you can start to do, however it is the most necessary thing



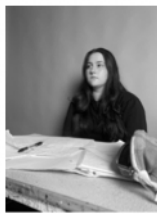




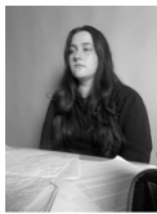
"dont let your mind bully your body"
-june tomaso wood



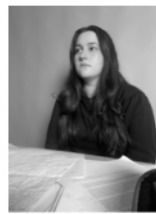
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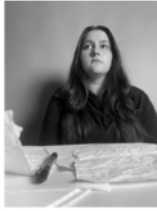
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IMG_2704.HEIC
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IMG_2709.HEIC
20 March 2023 at 15:24:33
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IMG_2714.HEIC
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20 March 2023 at 15:24:54
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IMG_2717.HEIC
20 March 2023 at 15:24:55
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20 March 2023 at 15:24:56
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1/60 | f/1.6 | Flash: No



IMG_2719.HEIC
20 March 2023 at 15:25:02
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1/60 | f/1.6 | Flash: No



IMG_2720.HEIC
20 March 2023 at 15:25:03
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1/60 | f/1.6 | Flash: No



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20 March 2023 at 15:25:04
IMG_2721.HEIC
1/60 | f/1.6 | Flash: No



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1/60 | f/1.6 | Flash: No



IMG_2726.HEIC
20 March 2023 at 15:25:25
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1/60 | f/1.6 | Flash: No



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1/60 | f/1.6 | Flash: No



IMG_2713.HEIC
20 March 2023 at 15:24:49
IMG_2713.HEIC
1/60 | f/1.6 | Flash: No



IMG_2714.HEIC
20 March 2023 at 15:24:50
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1/60 | f/1.6 | Flash: No



IMG_2715.HEIC
20 March 2023 at 15:24:53
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1/60 | f/1.6 | Flash: No



IMG_2716.HEIC
20 March 2023 at 15:24:54
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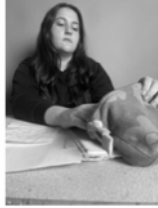
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1/60 | f/1.6 | Flash: No



IMG_2711.HEIC
20 March 2023 at 15:24:39
IMG_2711.HEIC
1/60 | f/1.6 | Flash: No



IMG_2712.HEIC
20 March 2023 at 15:24:40
IMG_2712.HEIC
1/60 | f/1.6 | Flash: No



IMG_2713.HEIC
20 March 2023 at 15:24:49
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1/60 | f/1.6 | Flash: No



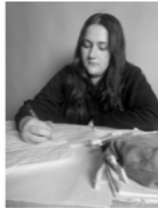
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IMG_2715.HEIC
1/60 | f/1.6 | Flash: No



IMG_2716.HEIC
20 March 2023 at 15:24:54
IMG_2716.HEIC
1/60 | f/1.6 | Flash: No



IMG_2725.HEIC
20 March 2023 at 15:25:17
IMG_2725.HEIC
1/60 | f/1.6 | Flash: No



IMG_2726.HEIC
20 March 2023 at 15:25:25
IMG_2726.HEIC
1/60 | f/1.6 | Flash: No



IMG_2727.HEIC
20 March 2023 at 15:25:31
IMG_2727.HEIC
1/60 | f/1.6 | Flash: No



IMG_2728.HEIC
20 March 2023 at 15:25:41
IMG_2728.HEIC
1/60 | f/1.6 | Flash: No



IMG_2729.HEIC
20 March 2023 at 15:25:42
IMG_2729.HEIC
1/60 | f/1.6 | Flash: No



IMG_2730.HEIC
20 March 2023 at 15:25:46
IMG_2730.HEIC
1/60 | f/1.6 | Flash: No



IMG_2731.HEIC
20 March 2023 at 15:25:50
IMG_2731.HEIC
1/60 | f/1.6 | Flash: No



IMG_2732.HEIC
20 March 2023 at 15:25:53
IMG_2732.HEIC
1/60 | f/1.6 | Flash: No



IMG_2748.HEIC
20 March 2023 at 15:27:21
IMG_2748.HEIC
1/60 | f/1.6 | Flash: No



IMG_2749.HEIC
20 March 2023 at 15:27:30
IMG_2749.HEIC
1/30 | f/1.6 | Flash: No



IMG_2751.HEIC
20 March 2023 at 15:27:50
IMG_2751.HEIC
1/33 | f/1.6 | Flash: No



IMG_2752.HEIC
20 March 2023 at 15:27:51
IMG_2752.HEIC
1/33 | f/1.6 | Flash: No



IMG_2753.HEIC
20 March 2023 at 15:27:52
IMG_2753.HEIC
1/33 | f/1.6 | Flash: No



IMG_2754.HEIC
20 March 2023 at 15:27:56
IMG_2754.HEIC
1/33 | f/1.6 | Flash: No



IMG_2755.HEIC
20 March 2023 at 15:27:57
IMG_2755.HEIC
1/33 | f/1.6 | Flash: No



IMG_2756.HEIC
20 March 2023 at 15:28:02
IMG_2756.HEIC
1/50 | f/1.6 | Flash: No



IMG_2757.HEIC
20 March 2023 at 15:28:03
IMG_2757.HEIC
1/50 | f/1.6 | Flash: No



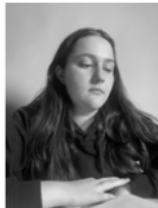
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1/50 | f/1.6 | Flash: No



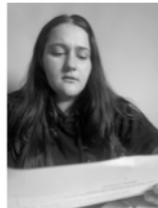
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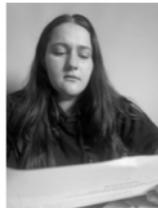
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1/50 | f/1.6 | Flash: No



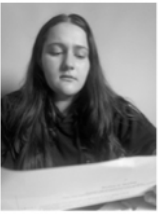
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1/60 | f/1.6 | Flash: No



IMG_2763.HEIC
20 March 2023 at 15:29:01
IMG_2763.HEIC
1/60 | f/1.6 | Flash: No



IMG_2764.HEIC
20 March 2023 at 15:29:02
IMG_2764.HEIC
1/60 | f/1.6 | Flash: No



IMG_2733.HEIC
20 March 2023 at 15:26:01
IMG_2733.HEIC
1/60 | f/1.6 | Flash: No



IMG_2734.HEIC
20 March 2023 at 15:26:03
IMG_2734.HEIC
1/60 | f/1.6 | Flash: No



IMG_2735.HEIC
20 March 2023 at 15:26:05
IMG_2735.HEIC
1/60 | f/1.6 | Flash: No



IMG_2736.HEIC
20 March 2023 at 15:26:14
IMG_2736.HEIC
1/60 | f/1.6 | Flash: No



IMG_2721.HEIC
20 March 2023 at 15:25:04
IMG_2721.HEIC
1/60 | f/1.6 | Flash: No



IMG_2722.HEIC
20 March 2023 at 15:25:07
IMG_2722.HEIC
1/60 | f/1.6 | Flash: No



IMG_2723.HEIC
20 March 2023 at 15:25:08
IMG_2723.HEIC
1/60 | f/1.6 | Flash: No



IMG_2724.HEIC
20 March 2023 at 15:25:15
IMG_2724.HEIC
1/60 | f/1.6 | Flash: No



IMG_2725.HEIC
20 March 2023 at 15:25:17
IMG_2725.HEIC
1/60 | f/1.6 | Flash: No



IMG_2726.HEIC
20 March 2023 at 15:25:25
IMG_2726.HEIC
1/60 | f/1.6 | Flash: No



IMG_2727.HEIC
20 March 2023 at 15:25:31
IMG_2727.HEIC
1/60 | f/1.6 | Flash: No



IMG_2728.HEIC
20 March 2023 at 15:25:41
IMG_2728.HEIC
1/60 | f/1.6 | Flash: No



IMG_2745.HEIC
20 March 2023 at 15:27:17
IMG_2745.HEIC
1/60 | f/1.6 | Flash: No



IMG_2746.HEIC
20 March 2023 at 15:27:19
IMG_2746.HEIC
1/60 | f/1.6 | Flash: No



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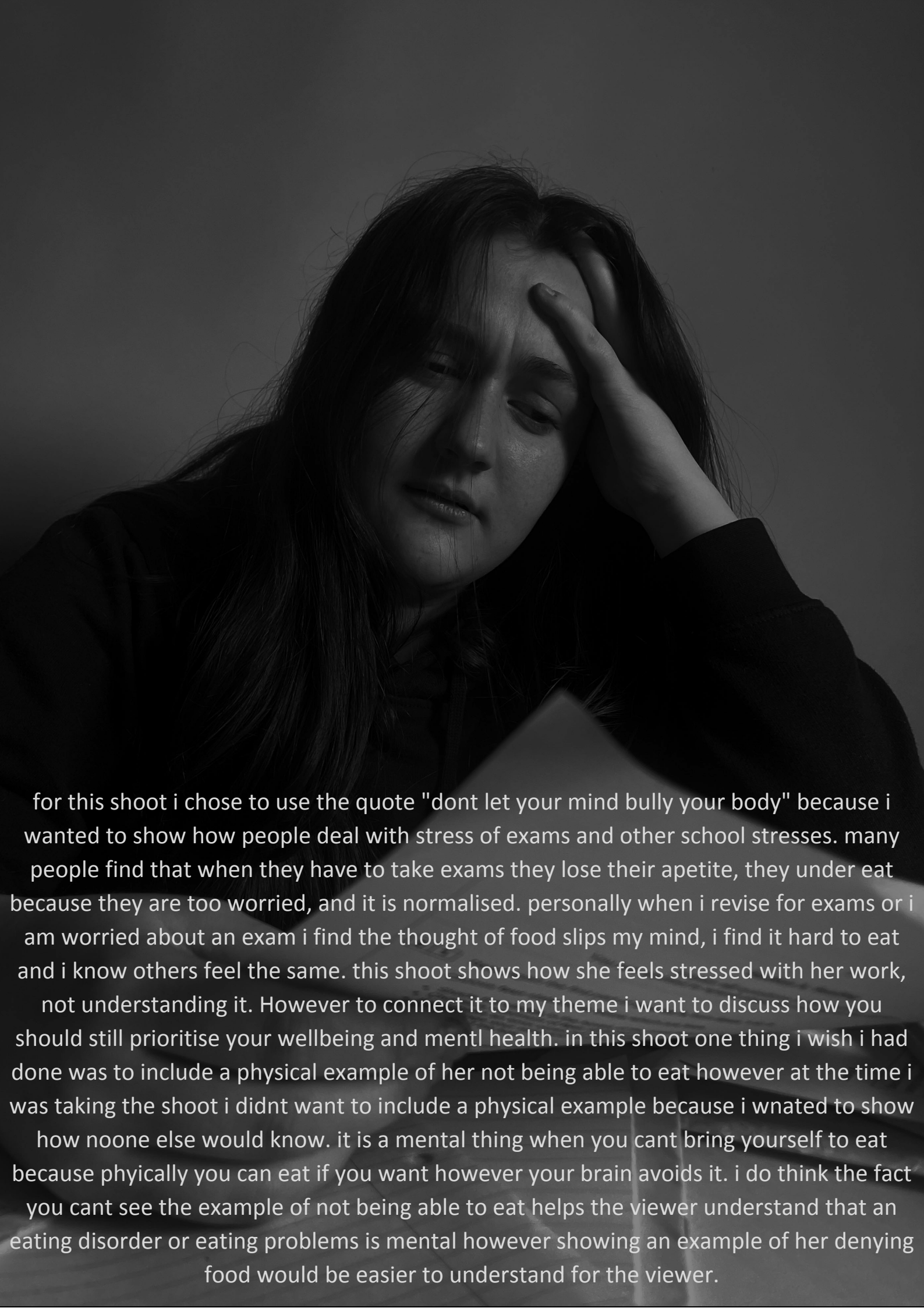
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1/60 | f/1.6 | Flash: No



IMG_2749.HEIC
20 March 2023 at 15:27:30
IMG_2749.HEIC
1/30 | f/1.6 | Flash: No




IMG_2751.HEIC
20 March 2023 at 15:27:50
IMG_2751.HEIC
1/33 | f/1.6 | Flash: No



for this shoot i chose to use the quote "dont let your mind bully your body" because i wanted to show how people deal with stress of exams and other school stresses. many people find that when they have to take exams they lose their apetite, they under eat because they are too worried, and it is normalised. personally when i revise for exams or i am worried about an exam i find the thought of food slips my mind, i find it hard to eat and i know others feel the same. this shoot shows how she feels stressed with her work, not understanding it. However to connect it to my theme i want to discuss how you should still prioritise your wellbeing and mentl health. in this shoot one thing i wish i had done was to include a physical example of her not being able to eat however at the time i was taking the shoot i didnt want to include a physical example because i wnated to show how noone else would know. it is a mental thing when you cant bring yourself to eat because phyically you can eat if you want however your brain avoids it. i do think the fact you cant see the example of not being able to eat helps the viewer understand that an eating disorder or eating problems is mental however showing an example of her denying food would be easier to understand for the viewer.

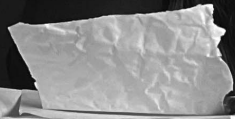




be kind to yourself. your body is a temple and you are the
goddess that resides within it

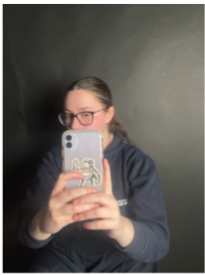
Dont lose who you are



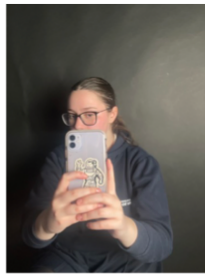




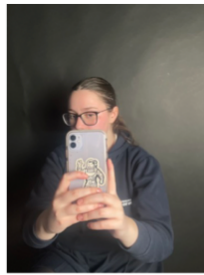
"Insecurity can be so self-defeating that it often leads to a non-life" -Omar Cherif



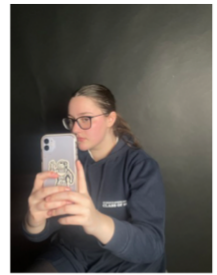
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IMG-3492 (1).jpg
1/56 | f/1.6 | Flash: No



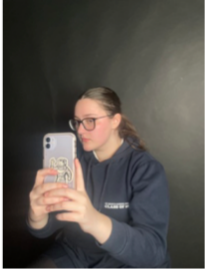
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IMG-3492 (2).jpg
1/56 | f/1.6 | Flash: No



IMG-3492.jpg
19 April 2023 at 15:48:24
IMG-3492.jpg
1/56 | f/1.6 | Flash: No



IMG-3493.jpg
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1/56 | f/1.6 | Flash: No



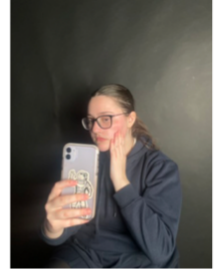
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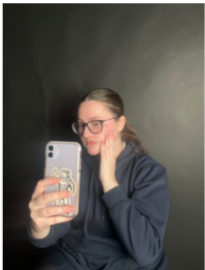
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1/56 | f/1.6 | Flash: No



IMG-3496 (1).jpg
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1/56 | f/1.6 | Flash: No



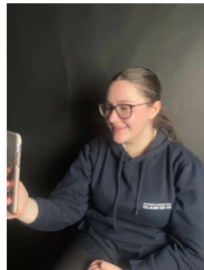
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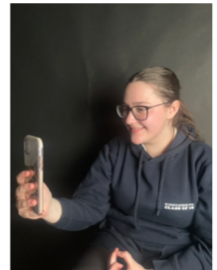
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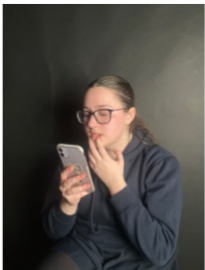
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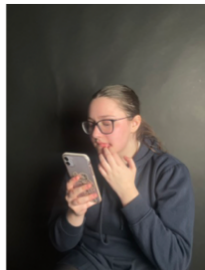
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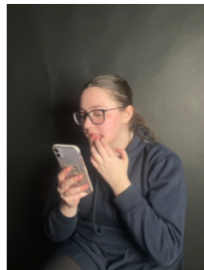
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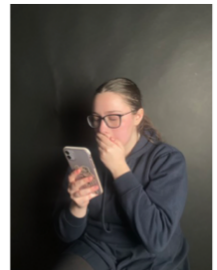
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1/60 | f/1.6 | Flash: No



IMG-3502.jpg
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IMG-3502.jpg
1/60 | f/1.6 | Flash: No



IMG-3503.jpg
19 April 2023 at 15:49:13
IMG-3503.jpg
1/60 | f/1.6 | Flash: No



IMG-3504.jpg
19 April 2023 at 15:49:16
IMG-3504.jpg
1/60 | f/1.6 | Flash: No



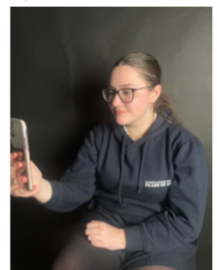
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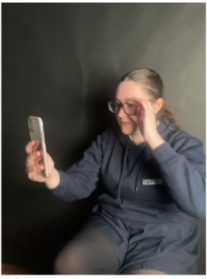
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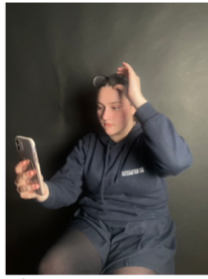
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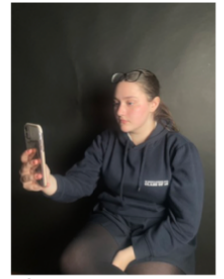
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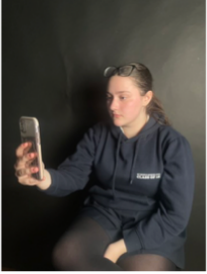
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IMG-3514.jpg
19 April 2023 at 15:50:04
IMG-3514.jpg
1/60 | f/1.6 | Flash: No



IMG-3515.jpg
19 April 2023 at 15:50:05
IMG-3515.jpg
1/60 | f/1.6 | Flash: No



IMG-3517.jpg
19 April 2023 at 15:50:07
IMG-3517.jpg
1/60 | f/1.6 | Flash: No

Insecurity



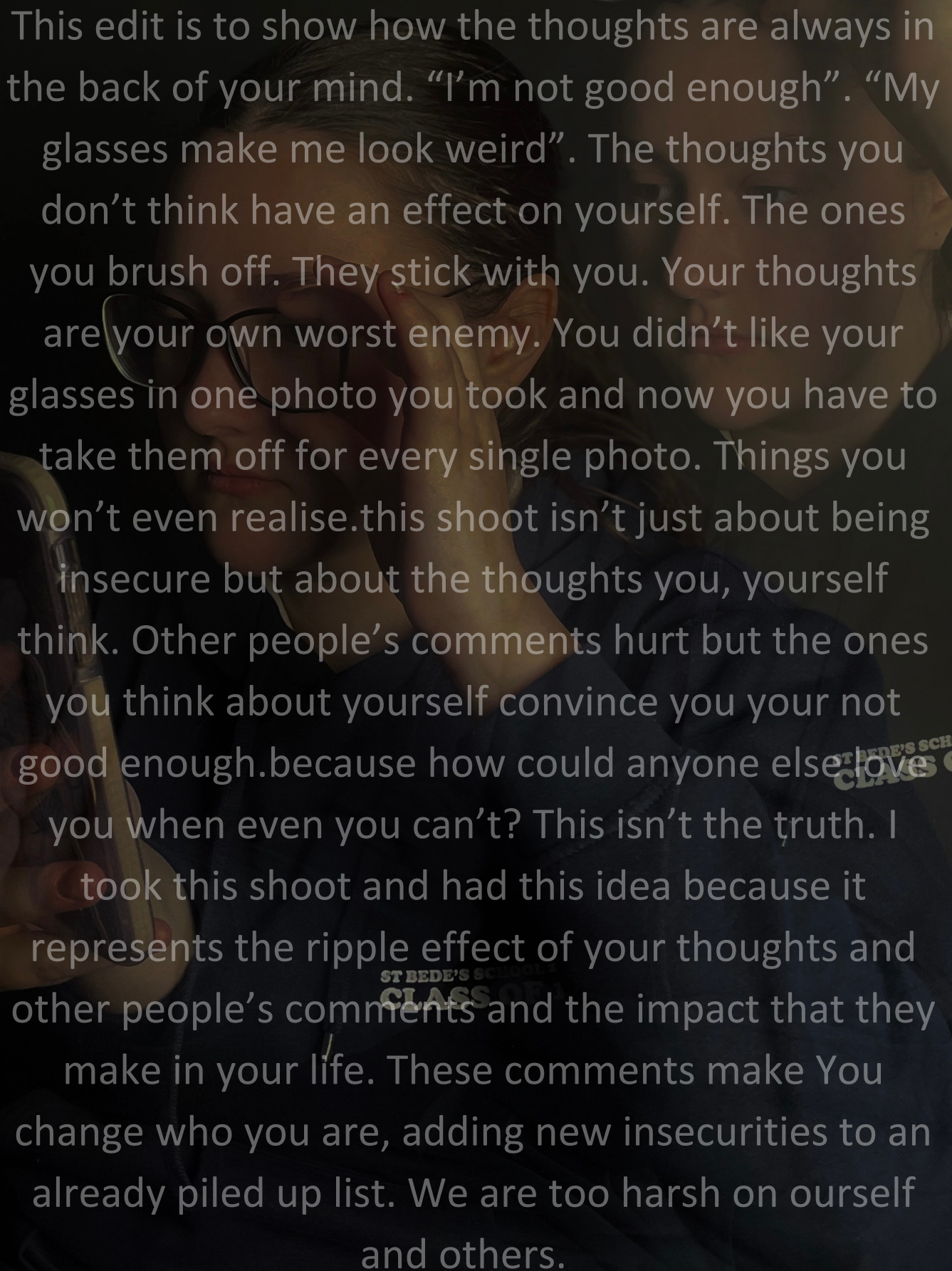
I wanted to show a story with this photoshoot, a story of a girl who hides her insecurities. A girl who finds her imperfections too imperfect to show to the public. I used three photos, the first her taking a picture, her smile genuine but then she notices something. Maybe a crack in her tooth, her wonky smile? Maybe her teeth aren't as white as people who post online using filters and masking their true features. The shoot ends with a photo of the girl hiding her smile. I want this shoot to show how people constantly hide their true selves, why do we believe social Media? Why do we trust that people aren't just showing what they want to?

We shouldn't



ST BEDE'S SCHOOL 2023
CLASS OF 18

ST BEDE'S SCHOOL
CLASS OF 18

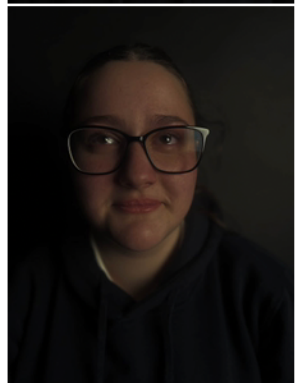
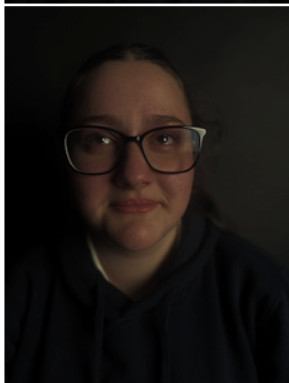
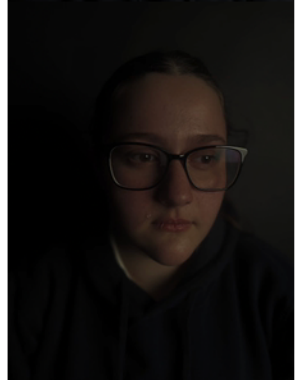
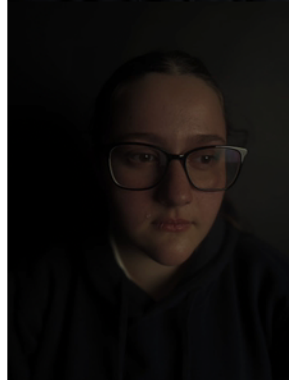
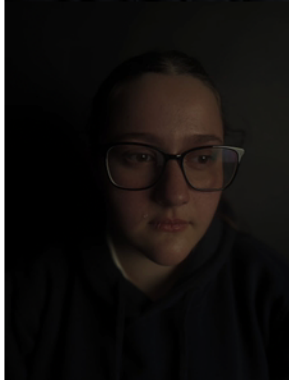
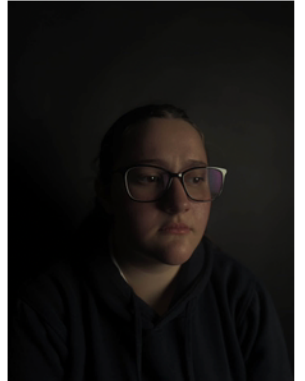
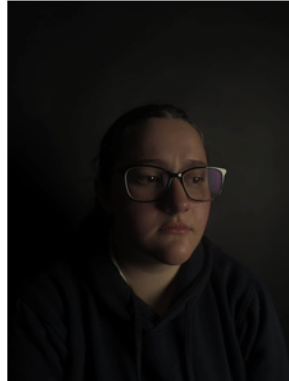
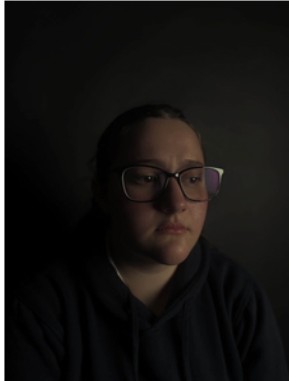
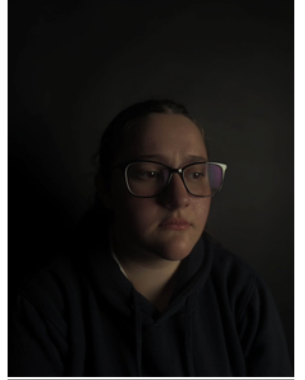
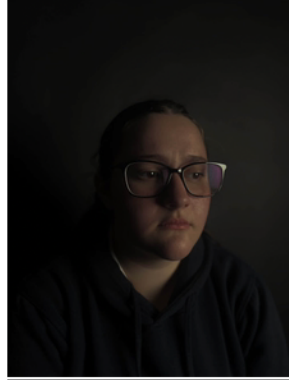
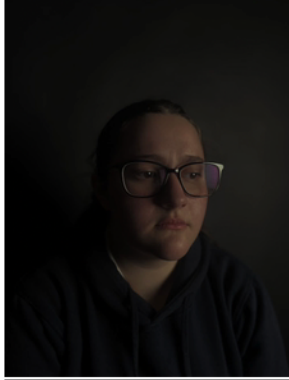


This edit is to show how the thoughts are always in the back of your mind. "I'm not good enough". "My glasses make me look weird". The thoughts you don't think have an effect on yourself. The ones you brush off. They stick with you. Your thoughts are your own worst enemy. You didn't like your glasses in one photo you took and now you have to take them off for every single photo. Things you won't even realise. This shoot isn't just about being insecure but about the thoughts you, yourself think. Other people's comments hurt but the ones you think about yourself convince you your not good enough. because how could anyone else love you when even you can't? This isn't the truth. I took this shoot and had this idea because it represents the ripple effect of your thoughts and other people's comments and the impact that they make in your life. These comments make You change who you are, adding new insecurities to an already piled up list. We are too harsh on ourself and others.





"We try to hide our feelings, but we forget that our eyes speak."



COLOURED EMOTIONS



for this shoot i decided i wanted to show how you try to hide your sadness. how you shouldn't feel obligated to be okay all the time and that it is okay to be upset and not perfectly fine everyday. I chose to use these two photos together as one shows her true feelings, sadness, the way she looks away from the person as if she's drifting; into her own thoughts shows her sadness. However she puts on a brave face and smiles through it even though she doesn't have to. She isn't obligated to hide her feelings however she does because she doesn't want to feel like a burden on others, she doesn't want others to worry however we shouldn't be worried about others and instead focus on our mental well-being







“ Makeup is an art form for me. It’s a form of expression” - James Charles



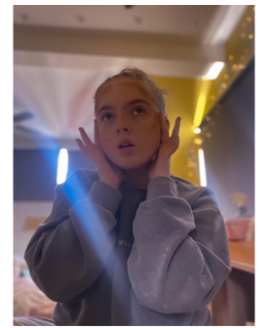
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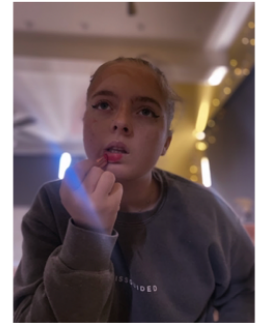
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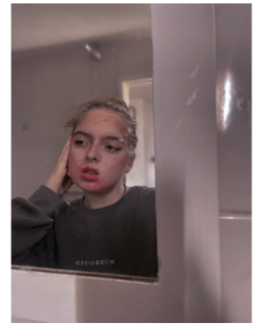


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1/25 | f/1.6 | Flash: No



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22 April 2023 at 12:58:41

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1/25 | f/1.6 | Flash: No



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1/25 | f/1.6 | Flash: No



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1/30 | f/1.6 | Flash: No

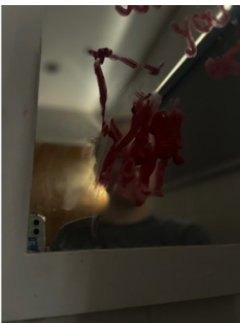


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1/30 | f/1.6 | Flash: No



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22 April 2023 at 13:01:47

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1/30 | f/1.6 | Flash: No

WHY BE NATURAL?



WHY BE NATURAL?

i wanted to take this shoot to show how it's not bad to not be a naturally flawless person. I want to show how you are allowed to express yourself through makeup. Makeup is vibrant and an art, if it brings you colour and happiness why should you be worried that you are not 'natural enough'. society pushes standards on young women to be natural, no makeup, bare face but also to be flawless? This idea about you only being beautiful if you are naturally what society deems perfect is the cause for insecurities all around the world. Many people love to express themselves through makeup, wearing something that makes you comfortable in can't be bad. So don't worry about what society says is best. i wanted to use this shoot to break down societies need for women To look one way and to use makeup in one way. Makeup or no makeup everyone is beautiful. Most of my shoots have been focused on the bad things, for example why it's bad for people to follow makeup trends set and how beauty on social media can cause others to feel insecure. However I wanted to take a different approach and show that you can choose to dress and look however you want. Makeup used to express your personality and how you feel is the best way to do it. we should not be worrying about other people and what they look like and instead find what suits us best and most importantly makes us feel comfortable and beautiful





Tinted pink

I love this photo. I think this photo shows exactly what I wanted my shoot to represent. The makeup being unblended Shows how you shouldn't follow how makeup is deemed 'right', do your makeup how it feels right for you. The lipstick smudged shows she is lacking control which she expresses through makeup which is her form of art. The makeup in general is exactly what I pictured this shoot to look like,

I wanted it to be messy because it shows how she doesn't care what she's suppose to look. Makeup is a preference, how you want to look that day. Makeup is about being expressive made to give a burst of colour which is why I decided to add a pink tint to the photos when I was light editing because I wanted to make it clear that I think makeup shows colour and expression. I think the pink tint deffinetly added something to this shoot, it changes my theme to a more positive view for a split second, showing beauty and grace, providing a different view to the rest of my work and even just colour wise is a lot happier and lighter. It shows that makeup is fun and has no boundaries



MISGUIDED

If you truly love nature, you will find beauty everywhere
- Laura Ingalls Wilder





IMG_1714.HEIC
13 February 2023 at 14:46:51
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1/725 | f/1.6 | Flash: No



IMG_1715.HEIC
13 February 2023 at 14:46:52
IMG_1715.HEIC
1/682 | f/1.6 | Flash: No



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13 February 2023 at 14:46:54
IMG_1716.HEIC
1/694 | f/1.6 | Flash: No



IMG_1717.HEIC
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1/1,855 | f/1.6 | Flash: No



IMG_1718.HEIC
13 February 2023 at 14:47:01
IMG_1718.HEIC
1/1,024 | f/1.6 | Flash: No



IMG_1719.HEIC
13 February 2023 at 14:47:09
IMG_1719.HEIC
1/1,453 | f/1.6 | Flash: No



IMG_1720.HEIC
13 February 2023 at 14:47:13
IMG_1720.HEIC
1/1,024 | f/1.6 | Flash: No



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13 February 2023 at 14:48:08
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1/149 | f/1.6 | Flash: No



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1/224 | f/1.6 | Flash: No



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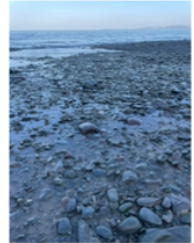
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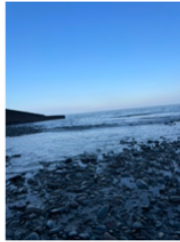
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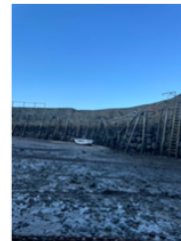
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1/121 | f/1.6 | Flash: No



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IMG_1761.HEIC

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IMG_1762.HEIC

13 February 2023 at 15:27:10

IMG_1762.HEIC

1/1,642 | f/1.6 | Flash: No



I took this photo to show how everything has beauty within it, we should embrace what is around us. In our society we constantly pick out the negatives and flaws within something, whether it's nature or people however I think that everything is beautiful. I think this quote also reflects how if you have love in your heart, you won't see the bad in things anymore. These photos are very different to my other shoots as first of all the pictures are bright and show hope and love and also they are not of people. I chose to do this as it allows us to see that other humans aren't the only ones we see flaws in



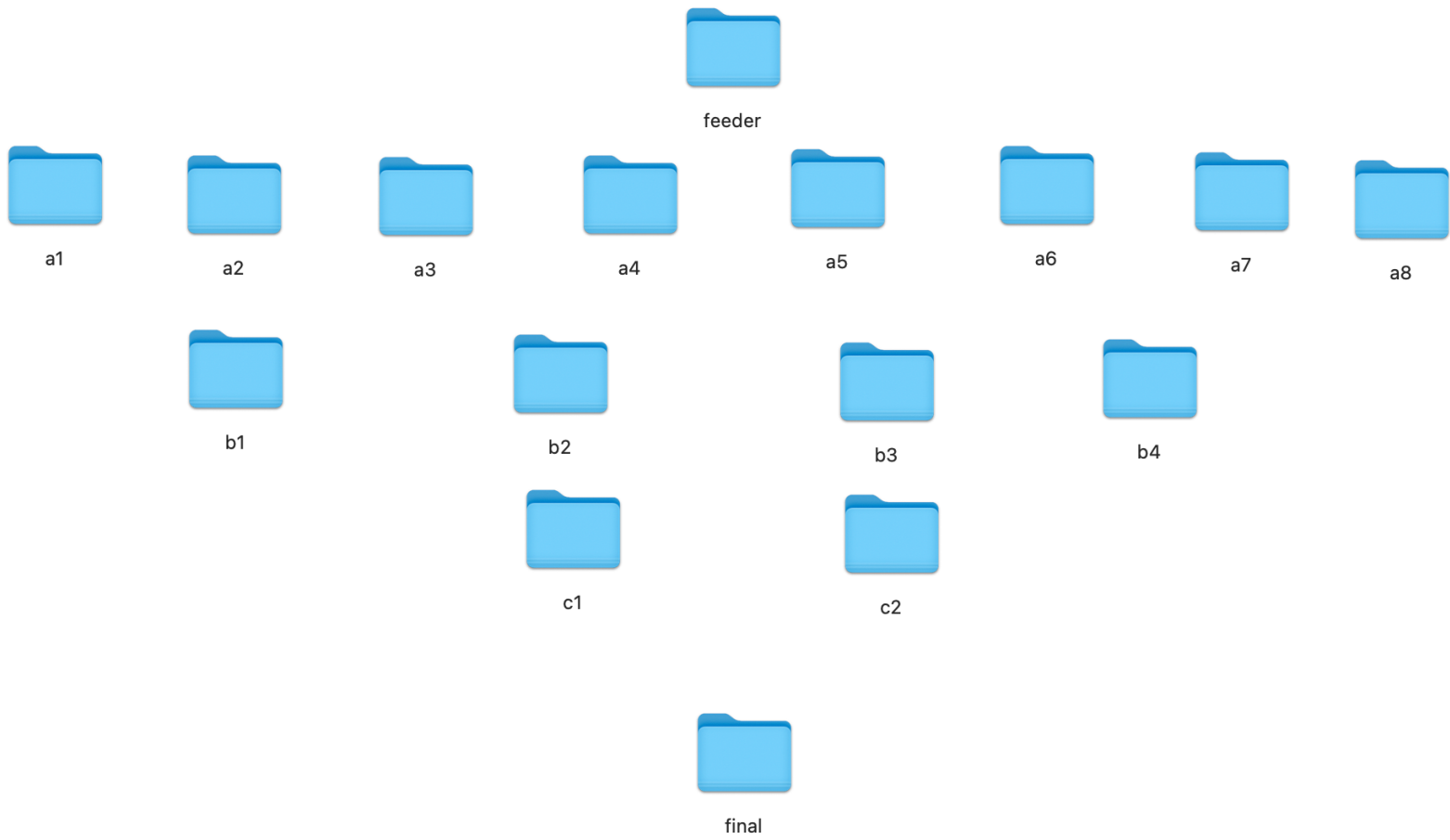


I chose to use this photo with the chain running along to show how we are locked into the societies standards. as the chain follows the sand to the sea, it represents how we follow influences and the words of others. This photo shows how we all connect together and follow each others footsteps.



PYRAMID EDITS

letting go



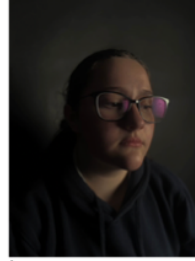
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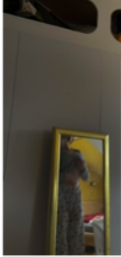
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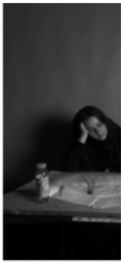
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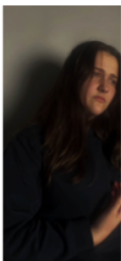
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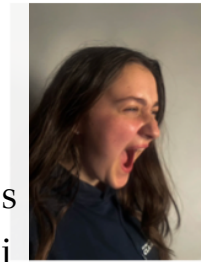
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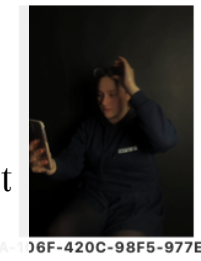
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c1 2-106.jpg
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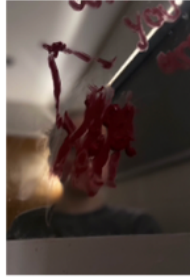


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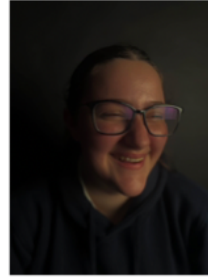
my photography is based on the theme lock. i chose to use an idea i had that was being locked into societies standards. i wanted my photography to portray how you feel small. you never feel enough, there is always something that could be better about you. i wanted to show how social media influences young peoples actions and choiced and how your own thoughts and mind dictate how you percieve yourself. a big question for me that i asked myself throughout this portfolio is 'who can love you when you dont love yourself.' i thought about this alot, especially on the second half of my portfolio where i used quotes as influences and shoot titles. i chose the photos for my finder that make me question what it means. how many meanings does the photo have? i am adapting my photos, editing as i go to try and form as many different meanings as possible to express my point of societal influence but also mental influence on how you see yourself.



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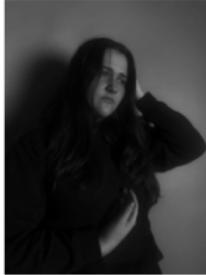
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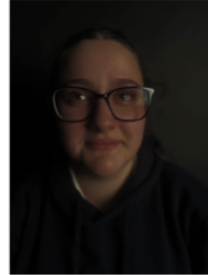
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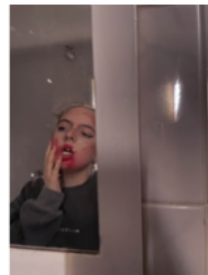
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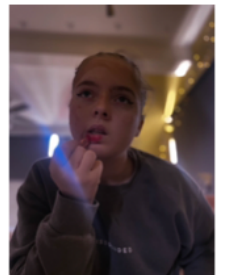
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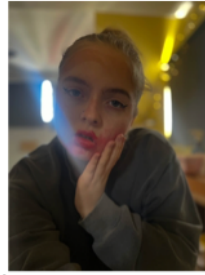
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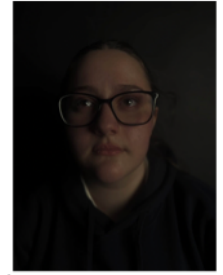
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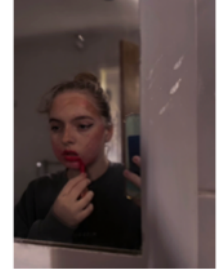
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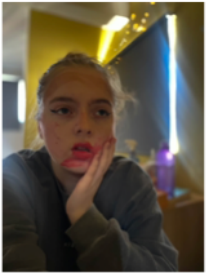
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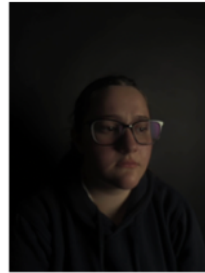
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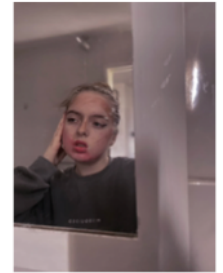
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1/30 | f/1.6 | Flash: No



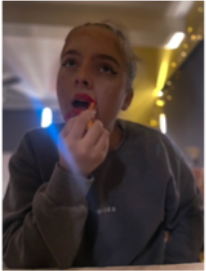
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1/60 | f/1.6 | Flash: No



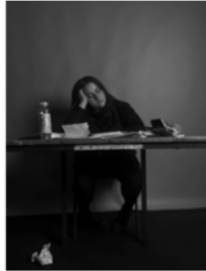
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c1 2-83.jpg
1/60 | f/1.6 | Flash: No



c1 2-103.jpg
22 April 2023 at 12:57:37
c1 2-103.jpg
1/25 | f/1.6 | Flash: No



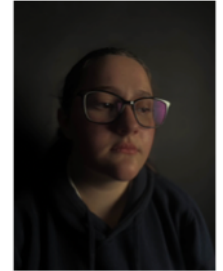
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c1 2-95.jpg
1/35 | f/1.6 | Flash: No



c1 2-76.jpg
20 March 2023 at 15:25:50
c1 2-76.jpg
1/60 | f/1.6 | Flash: No



c1 2-81.jpg
20 March 2023 at 15:59:07
c1 2-81.jpg
1/55 | f/1.6 | Flash: No



c1 2-88.jpg
19 April 2023 at 15:47:14
c1 2-88.jpg
1/60 | f/1.6 | Flash: No



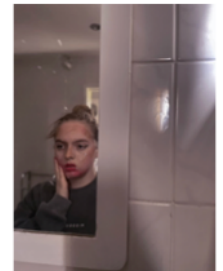
c1 2-69.jpg
7 February 2023 at 13:29:10
c1 2-69.jpg
1/60 | f/1.6 | Flash: No



c1 2-93.jpg
22 April 2023 at 12:53:19
c1 2-93.jpg
1/30 | f/1.6 | Flash: No



c1 2-74.jpg
20 March 2023 at 15:23:37
c1 2-74.jpg
1/60 | f/1.6 | Flash: No

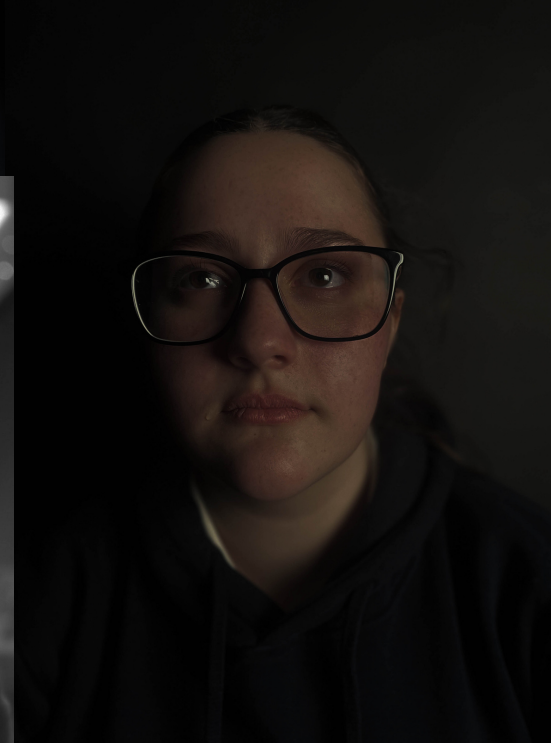


c1 2-102.jpg
22 April 2023 at 12:57:17
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1/30 | f/1.6 | Flash: No

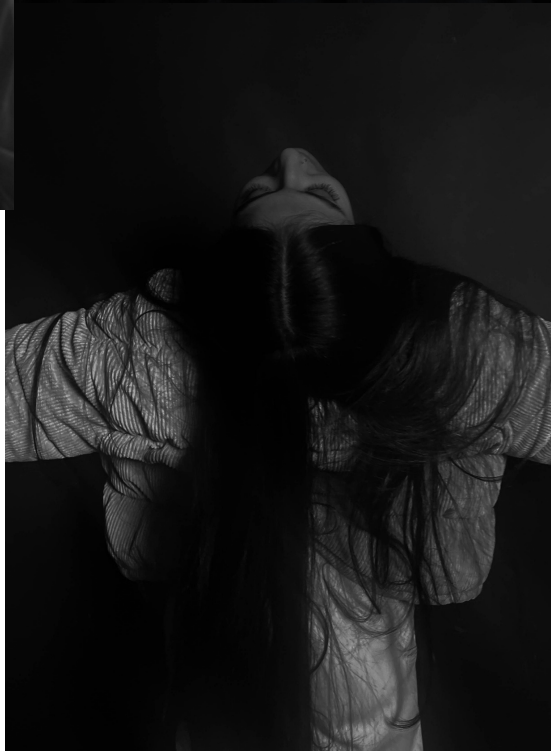


COMMON

P in my A folders these are the most common ones. the top left photo looks as if she is in a frame. posing right and one of societies perfect possessions. the middle row left photo shows how she covers her insecurities with makeup where as the middle right photo shows how she looks up to the speaker in front of her. taking in every word only

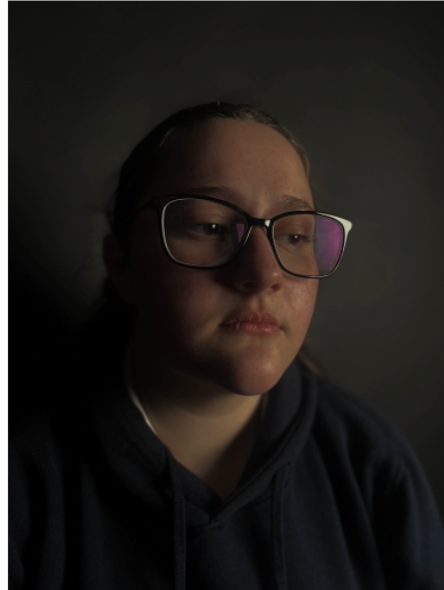
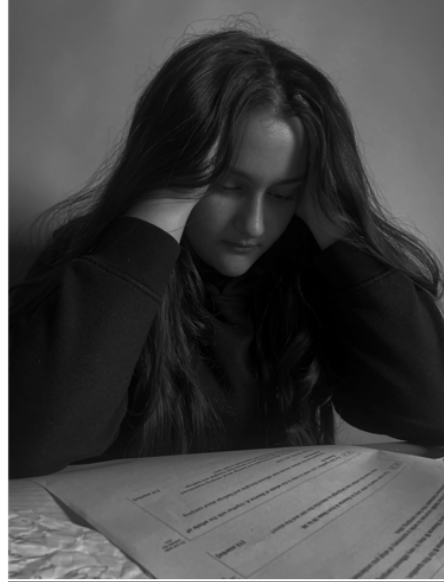


T showing how society has such an impact on young girls and they will do what they are told. the last photo represents how she falls back on society. she trusts the trends and opinions of people over her own. she relies on the opinions of others. the top right photo shows how she is scared of judgment. her hands off the table show me how she is too worried to touch anything incase anything gets ruined obviously previously effected by peoples opinions. the top middle photo has her looking down because shes ashamed of her emotions.



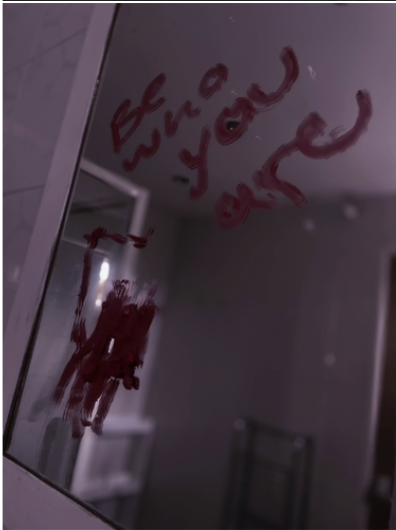
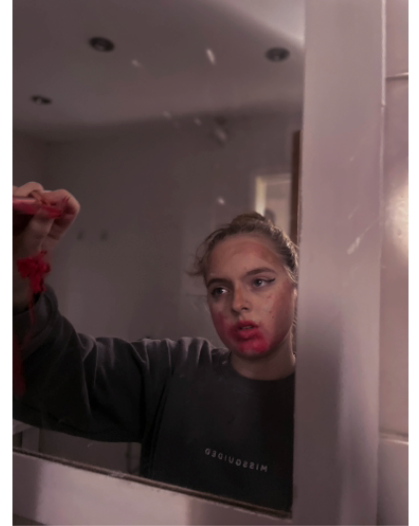
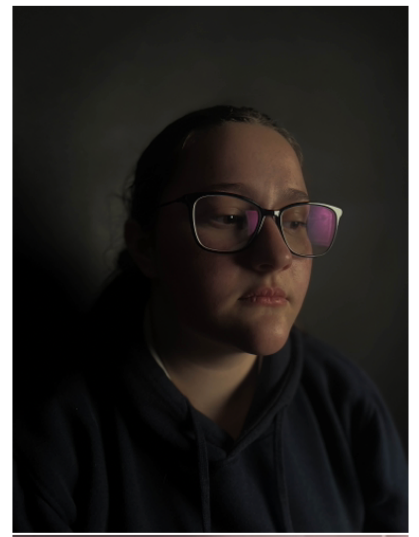
A

FOLDER

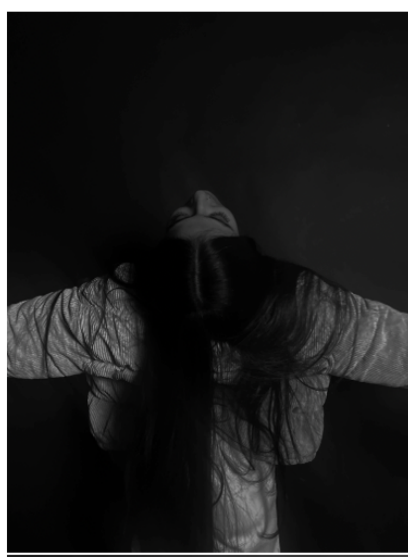


never enough. in A1 i decided to start with a folder about how you dont think your good enough. most of my folders are about how others belittle you, so i wanted to start with how you put yourself down. looking over the photos quickly, there is a contrast in colour between the black and white photos, the ones with high contrasts to the three in a room with daylight as the source of lighting. i decided to use a studio room and lights for four photos, the two black and white ones and the two darker coloured ones. i wanted to use the studio to show the effect of society on girls. i think by taking the photos in the studio it shows how she is percieved in that way by others, maybe modelling agents or maybe just anyone who sees them. this contrasts the daylight lighting photos where she is in her room because it shows that she is the one who undermines herself. the reason i chose the photos is because of the way she smears makeup over her face. you can see a sense of urgency in the fact that she has to wear that makeup to be able to look in the mirror infront of her.

A 1

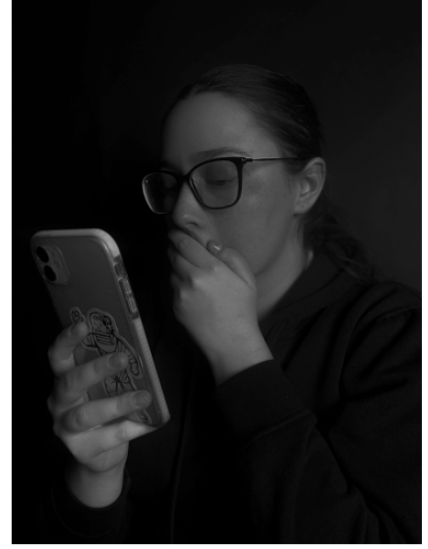
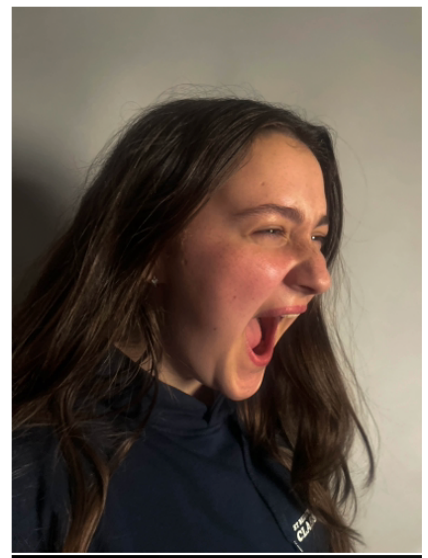
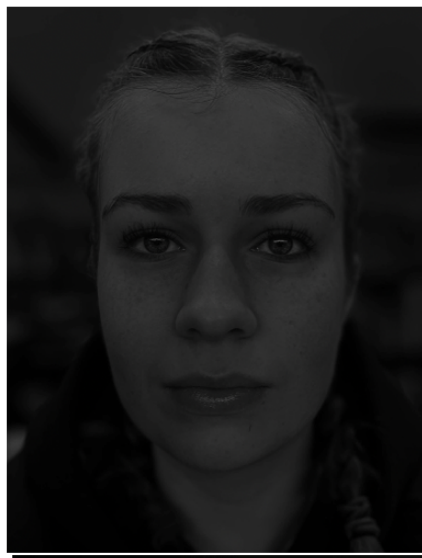


be who you are. for folder A2 i wanted to show how you should be able to express yourself and how you feel in any way you want. this idea fits into my theme of lock because you feel as if your locked inside your head, controlling your emotions until you cant anymore but you shouldnt have to feel that way. the last photo, i added this in because it shows how your under control of society, it shapes you into who you are however this contrasts the centre photo because that photo shows how she can do what she wants, and look like what she wants, her mindset on beauty standards becaue of society stops her

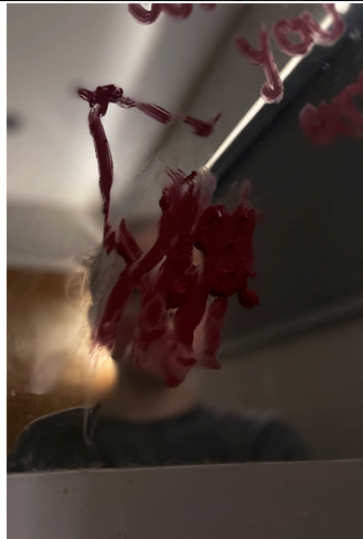
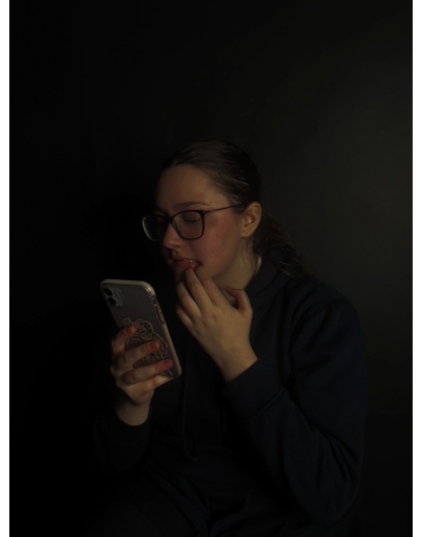


A 3

it stays the same. in folder A3 i wanted to use the idea that society never changes its ways. i used the photo of the book and mirror on the bed which i took in a museum to show that everything will be set up forever. that room hasnt changed, its stayed for years and that is what societies opinion are like. they stay the same, they have the same views and beliefs on what women should look like as they do now. i knew i wanted a black and white in this A section because it makes it look old, its aged and looks almost like its from the 90s, again showing that the views are passed down through the generations. lastly i added some photos in colour to show the modern era, she still feels inferior and is becomming overwhelmed until the photo where she is screaming representing the anger and supression of the generations before is finally coming to an end.



moulded into something your not.
society forms women into their perfect people. from a young age we are moulded and formed
into societies prized subjects and taught to cook clean and be 'beautiful'. for this idea i
wanted to zoom in on societies influencing and how social media has an effect on what
people look like. i used the first picture because of the way her hands frame her face. it looks
as if she is in a frame, a prized possession. i added the last photo with the makeup smeared
down her face to show how she covers her insecurities with makeup, adding colour draws
away from the fact that you dont like how you look. the centre photo looks as if she is
listening to the orders from whoever is in front of her, showing submission to the influences
on young women. in the photo you can see her eyes watering, i wanted this in the photo as
you can see she doesnt agree but feels as if she has no choice

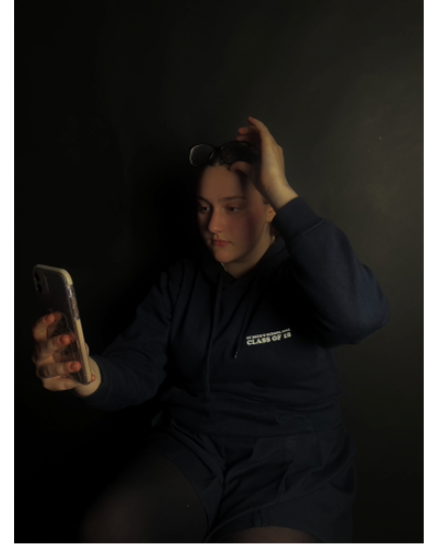
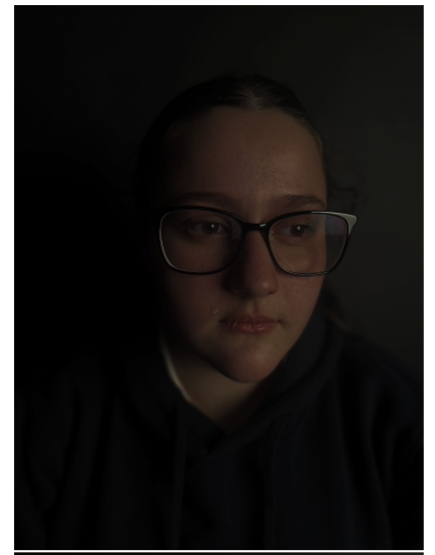


'why cant you just do as i asked'

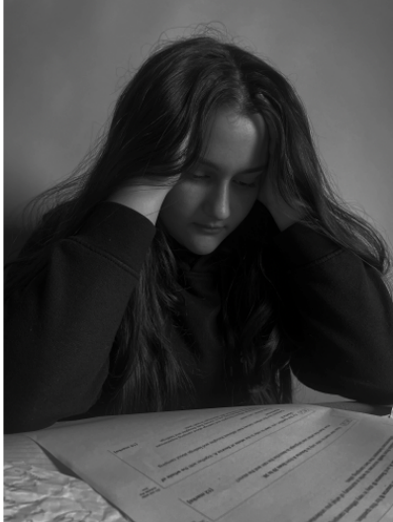
for A5 i wanted to show the effect of peoples words. the shame of being talked down to. the loss of confidence. i chose to use the first photos because at first you wouldnt see anything wrong with her, she is just normal, however when you look closely you se her black stare. too scared to show emotions incase of judgment. if you look even closer you can see her arms under the desk. her hands tucked away because she is scared oof making another mistake, scared of faliure. i wanted to incorporate the last photo to show how you cover your problems. when people make negative comments about you, your instinct is to change yourself but they should be the ones to change their mindset. i used two images using a phone to show how comments online negatively effect people. they make you have insecurities you wouldnt have thought about before that day



let go of expectations. stop thinking others will change. in A6 i wanted to show that you will feel overwhelmed by societies views. you wont think your good enough or you fit in but that is not what you should be thinking about. you should let go of expectations and live your life being happy and free instead of being careful and overthinking everyting you do. i used the centre photo to show that you can have happiness, you can laugh and not worry about your teeth or the wrinkles on your eyes because it doesnt matter what others think. if you look over the photos you can see the different colours, and the brighter it gets the happier she is, living her life. i uncluded the photos with the pink tint to show its brighter on the other side, look how you want and dress how you want because its your life



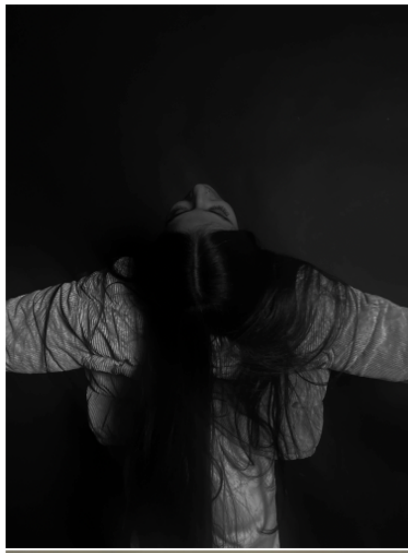
you dont feel worthy. in A7 i wanted turn away from society and add in an idea that maybe it is you that is stopping youself. maybe its your thoughts that put you dont instead of others comments. in the second row, furthest left photo you can see tears in her eyes as she looks up smiling as if someone has pulled her out of her thoughts to see if shesokay. in the top row middle photo she looks as if she is questioning herself, 'why do i think that'. in the mirror with the pink tint you can see her putting makeup on, hiding her flaws. noone else is covering her flaws, she is. i wanted to add this in because it fits within my themes of lock as she locked into her brain and thoughts but also locked into the expectations and beauty standards that make her feel not good enough.



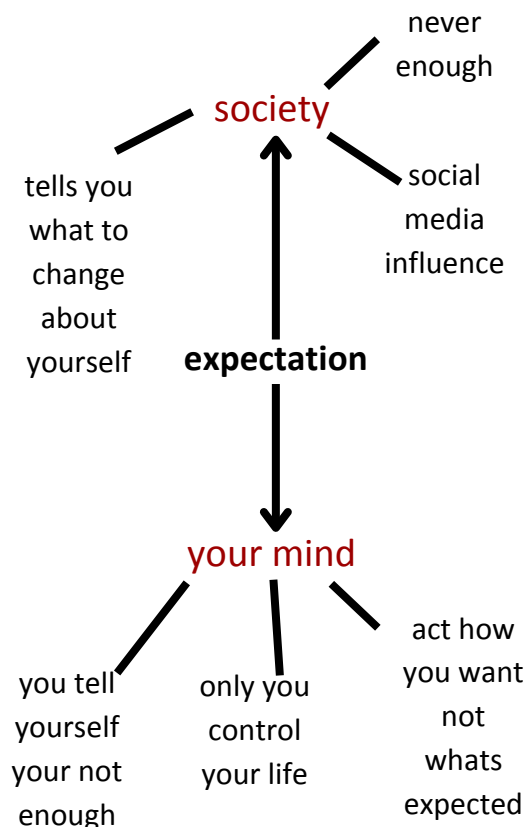
emotions build. in A8 i wanted to show how your locked into your feelings. the supression of your identity leads to an outburst of emotions. it builds up until you just snap. i used mainly black and white photos in this folder because it tells us straight away that this folder is sad. the girl is upset and is feeling as if noone understands. i wanted to include the bottom left photo to show how you put on a brave face. you smile and walk around like everything is fine until one day you snap and cant hold it in anymore. i used the top middle photo to show how you might physically stop yourself from doing something, such as eating because you think it could have a positive result on your image. but it doesnt.

B

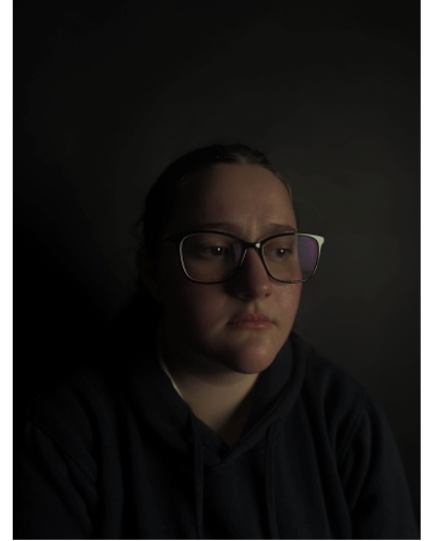
FOLDER



B1

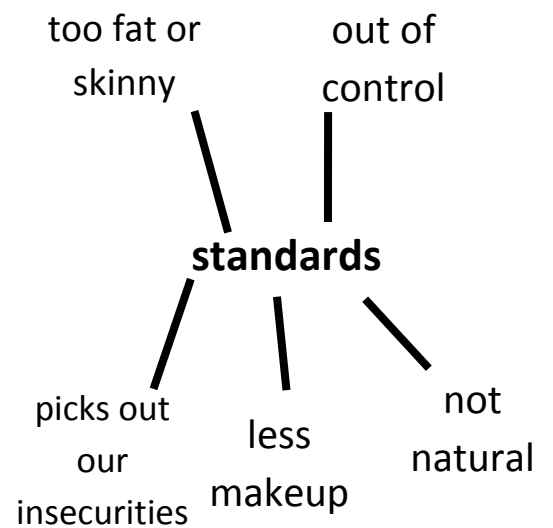


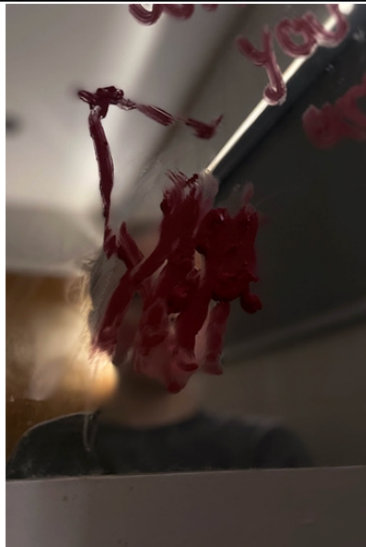
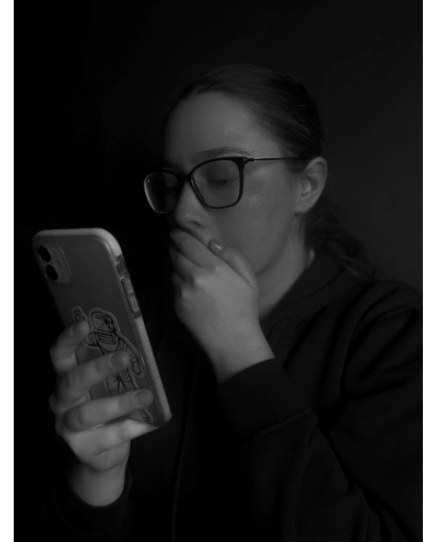
in B1 i wanted to use my ideas from A6 which was letting go of expectations that are forced upon you. i wanted to change this idea a bit and make it so that the pictures represent the belief that your enough. the order of the photos tell a story, that first of all you give yourself to society letting them control you until you question if its wrong and finally you do what you want and choose, you have control over your own life.



B2

for my B2 folder i wanted to show how we should break down the standards. stop living life in the misery of other peoples shadows. looking across the photos you can see the black and white photos are from when she was 'under control' until she starts to realise that she shouldnt have to live scared of change, and then as she starts experimenting with makeup the colour changes to bright daylight because she has escaped.





B3

learn to love
uniqueness

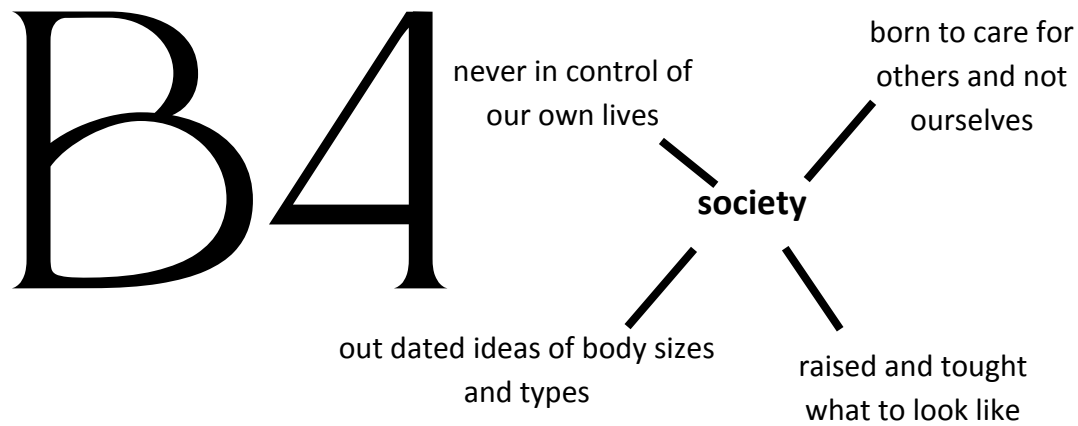
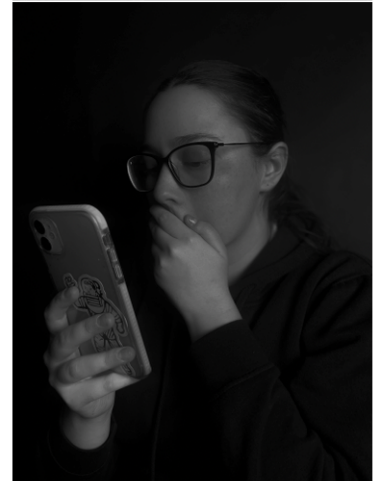
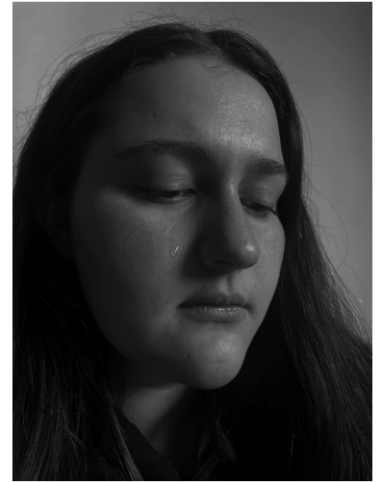
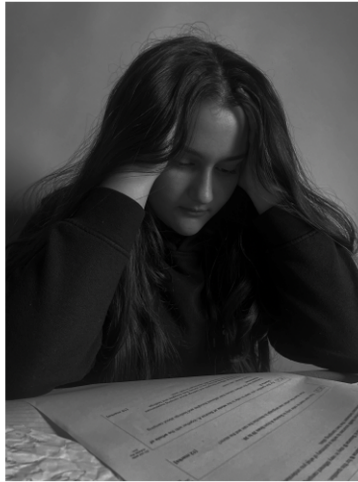
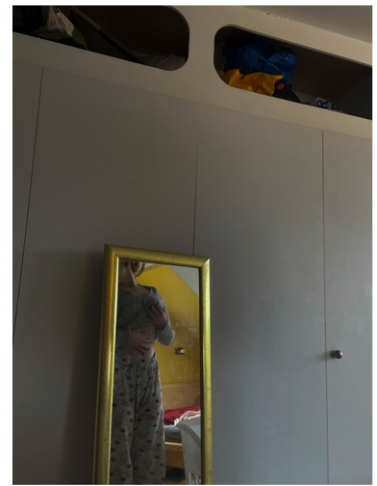
hide our true
selves to
please others

insecurities

nothing is ever
good enough for
people

we will always
have to change

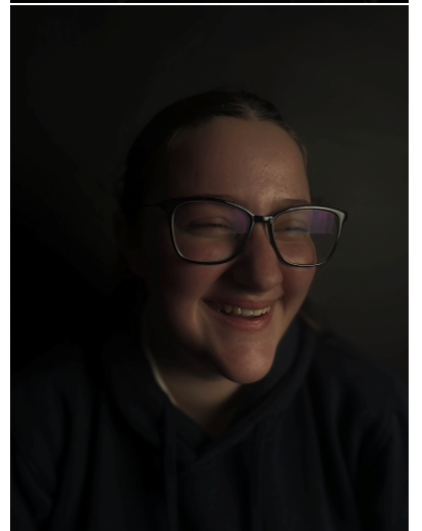
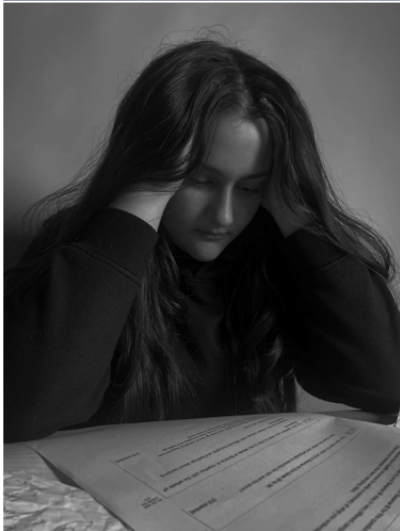
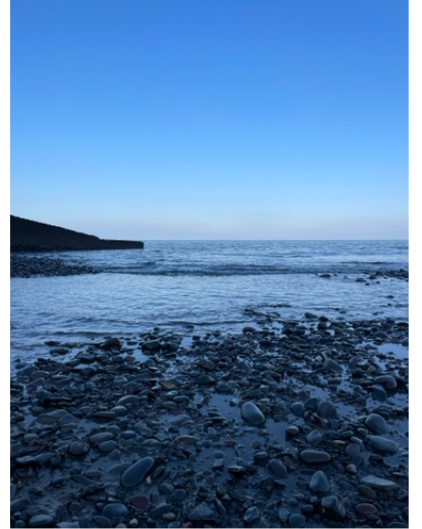
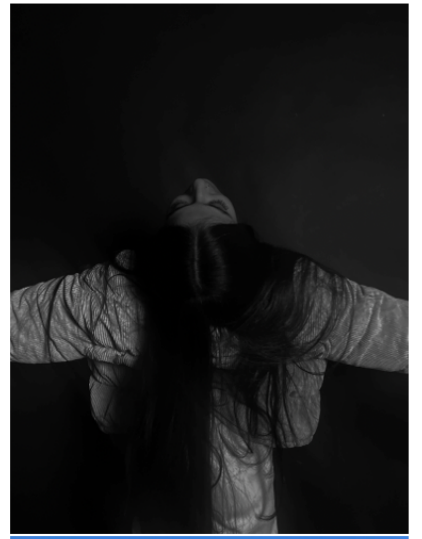
in B3 i again used the idea of letting go of expectations and the fact that society never changes. however i wanted to show that we are taught by society to hide imperfections. hide what we look like, wear makeup out, wear baggy clothes. why do we live like this? because we are taught from a young age that it is embarrassing and shameful to have imperfections. but these pictures show is okay for change not everyhting has to stay the same and that you dont have to hide yourself behind a false window of makeup



nothing will change. in B4 i wanted to carry on with the idea that time is always moving but societies outdated views always stay the same. i used the first two photos to show how every idea is preserved and stays the same and the rest of the photos represent the realisation that the steryotypical ideas on womens bodys and choics are wrong. the last two photos show how we should begin to break down these ideas

C

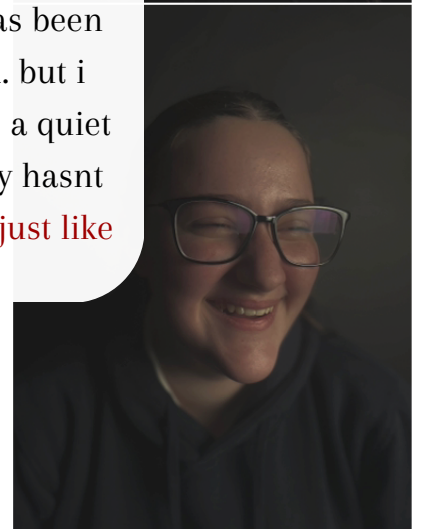
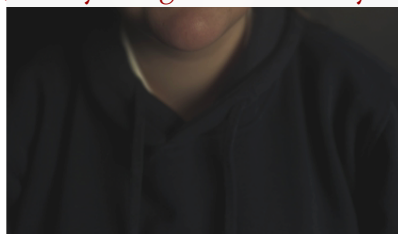
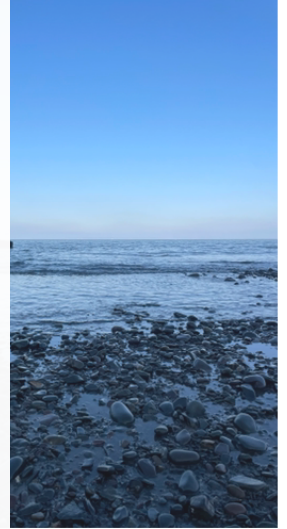
FOLDER

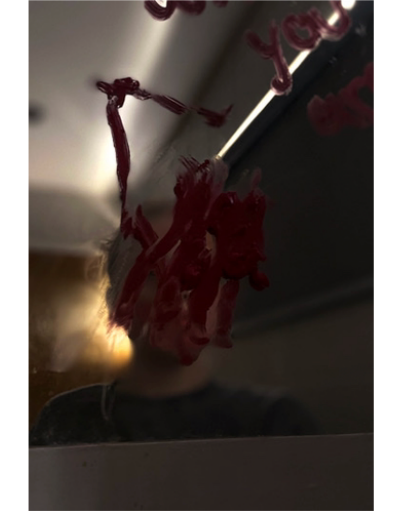
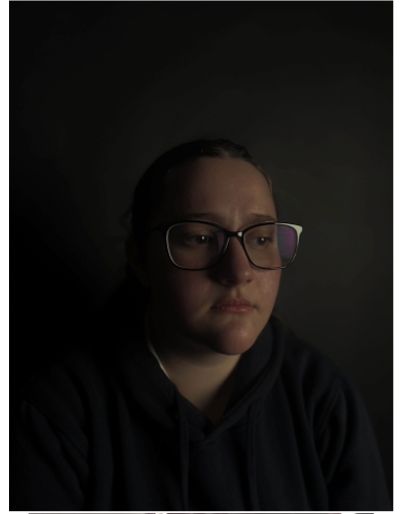
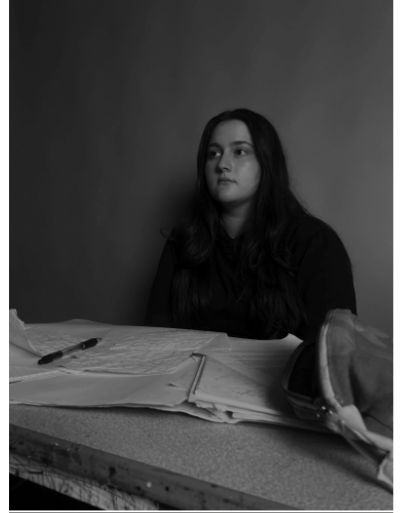
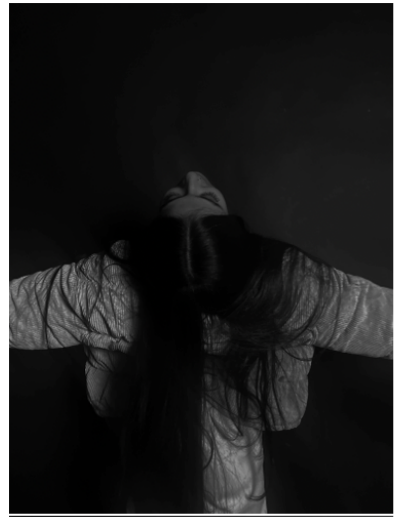




C1

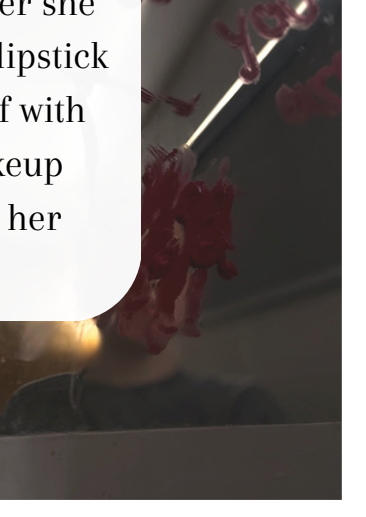
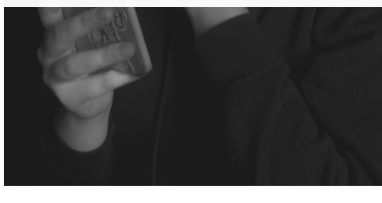
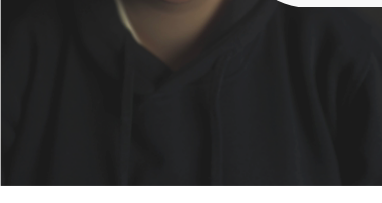


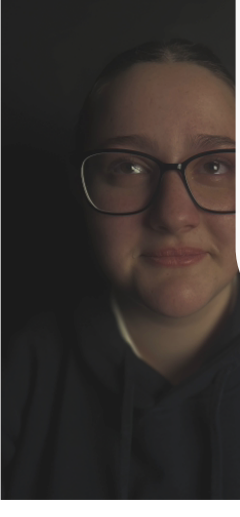


letting go of the boundaries that hold you back. now that we are getting to the C folders i have chosen that for my first one i will merge two ideas together, the first is the idea that you need to let go from expectations. and the second is that there is no boundaries. there is **no limit within your existence** so dont live like there is. i started with the black and white photos to show how your under control, being twisted and changed to fit societies standards. i then added in the photo of the girl at the desk to show the pressure of society on your people, especially women. i then wanted to show the outburst of emotion, the **barrier of emotion finally cracking**. i did this by adding the photo of the girl screaming, her mind overwhelmed so she has to let it all out. i used the black and white photo of a tear falling down her face because the black and white shows me that she still believes in societies views, she feels lost without it however the tear contrasts this and tells me that she is ready to **let go of her past** and all she knows, she is ready to start new. the photo of her laughing shows that **she found peace** in the new life she is living it, she sets an example for us all by showing it is brighter on th other side, **the side of freedom**, where you get the chance to make your world brighter on your own. lastly i added in the photo of the bedroom which was from a museum, the blanket ruffled and the book and mirror out shows that it has been untouched much like societies opinions on women. but i wanted to add in the photo of the beach because it is a quiet photo, this photo shows me that even thought society hasnt changed its views doesnt mean it never will because **just like the ocean, everything is constantly changing**







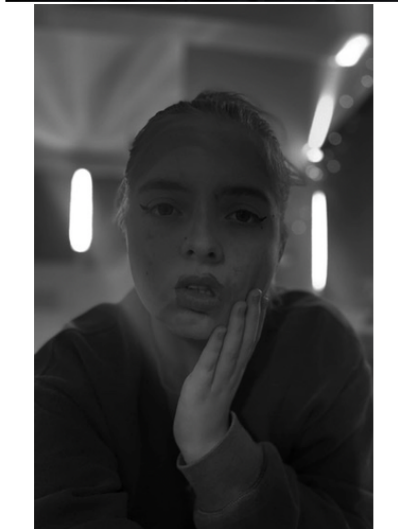
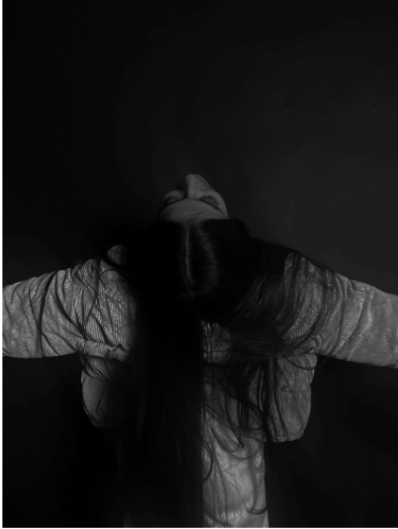
C2

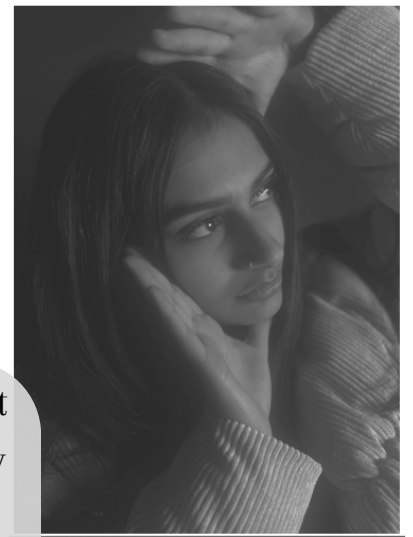
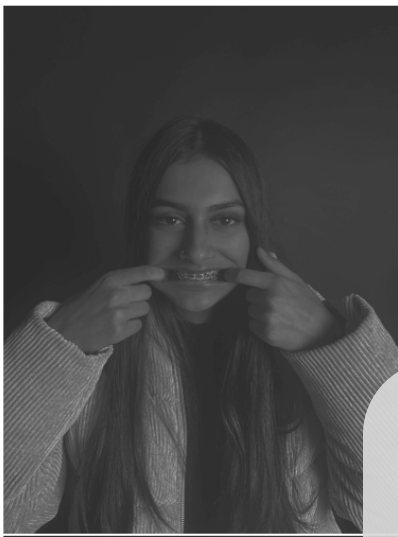


for C2 i wanted to explore the idea that some people may find **comfort within society**. they follow the guidelines set, they follow the influences and at the end of it they receive the **compliments** they wanted. most of the photos ive chosen are in black and white because in my opinion to me it seems as if when the photos are in black and white the girls are under **societies control**, it represents how people only see things in black and white, they have **no other perception**. in the first two photos she is posing, posing for the camera because she knows that she has followed to guide to be perfect. i was going to put these photos together as one however i think they are important on their own, the angles they capture tells a different story, in one you can see the blank expression on her face and see that shes not enjoying having her photo taken . in the third photo it shows how she falls back on society, **trusts their criticism** and sees it as a good thing. in the bottom left photo she is looking up to the person in front, smiling, however we can see the tears in her eyes showing that even though she follows what they say to do, she doesnt believe its right however she **has faith** that it is. in the bottom right photo, the lipstick on the mirror symbolises how she covers herself with makeup, she finds it comforting to put on makeup because she has been taught to be **insecure** of her features.

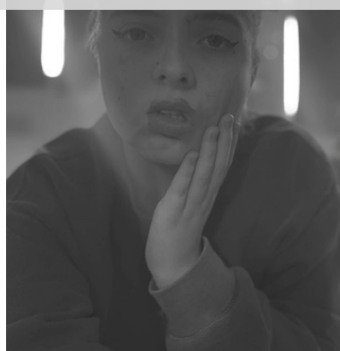
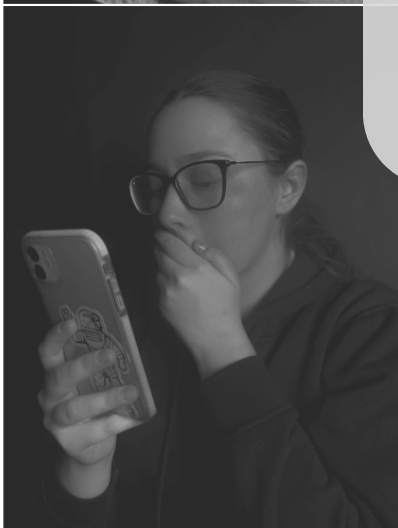
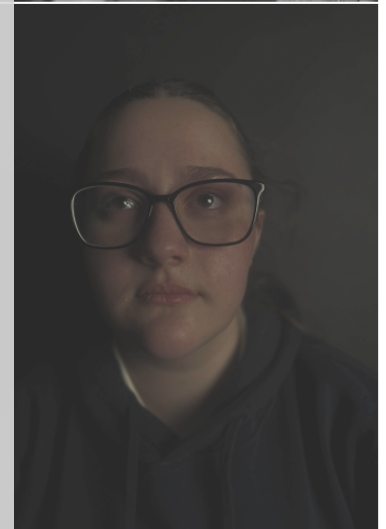
final

folder





for my final photos i want to show that there is a combination of reasons why girls feel the way they do. the beauty standards, social media, your own thoughts, these all add up and make it hard for you to love yourself. the main point i wanted to target within my prints is that society will never change, it will always be forceful and unfair so we are the ones who need to change around it. we need to let go of the bad memories and thoughts and be able to look in the mirror and see ourselves for who we really are. we are all living in lies and we need to start telling ourselves the truth. in my photos i wantd to show how we should be breaking down the barriers and expressing our feelings and emotions and instead of focusing on how other people see you, we should try and focus on the positives in ourself and start learning that insecurities are only bad when we le them take over our lives



A
3



G
L
O
S
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i chose to use this photo because of how subtle it is. a lot of my photos are very dark, and have a lot to them where as this is so quiet. the picture is very smooth and sleek which i think goes with my idea of trying not to stand out. at the first glimpse you wouldnt notice anything physically wrong with this photo which is what i wanted, i wanted this photo to be about the mental challenges she faces so i asked heer to put her hands in her lap, this shows she is scared to mistakes, she is scared of faliure so she tries to avoid things she could make a mistake in. her blank expressions shows how she isnt focusing on her work as she should be but instead in her own thoughts thinking about all the things she did wrong

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i chose to use this photo for one of my final photos because of how soft it is. i took this photo in a museum of this persons house. it is the exact way it was when the person passed away, it had been kept and now its a moment in our history.i used this fact to symbolie how nothing in society changes. i wanted to show how no ideas change or evolve and its always the same outdated ideas. so the question is, why do we follow these ideas? in this photo i love the way the angle captures the mirror and book, it looks as if someone is about to sit on the bed and read the book showing us how it captures time. the bed sheets being pleated shows us how old it really is, again linking to the age of the ideas from society as a whole. i love how the window and wall is blurred so it draws your eye to the table on the bed.

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i had two versions of this photo, the first was in colour and the second was in black and white. the one in colour showed experimentation, joy in makeup and how she loved using makeup where as this photo in black and white shows pain, she feels its necessary for her to wear makeup and doesnt feel comfortable without it. i chose to over exaggerate the makeup because i want to show how she will never feel comfortable. enough with never be enough. she now only feels normal with makeup. this photo shows how makeup lost its fun aspect. she no longer enjoys it. its a chore to do everyday. eachday feeling worse and worse as shes getting used to her face so she has to add more makeup. this shows how insecurity builds up into a necessity until you cant look at yourself without it. there is a song 'anti-hero' by Taylor swift, it includes the line 'ill stare directly at the sun but never in the mirror' which i think really reflects this photo and i used that lyric for inspiration because it shows how you will do anything to avoid seeing your reflection due to your insecurities being so intense. i was hesitant on using this photo because of the light in the background however i think it shows us that its not just within modelling or the beauty industry that people feel insecure within themselves. the daylight lighting shows that girls will sit at home questioning their looks. the three spaces of light behind her head look like the lights from beauty mirrors showing she is looking in the mirror

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i chose to use this photo in the final prints because i love the way the angle is from the side of her face. it isnt her view or the photographers view, its from the view of someone beside her. maybe a close friend, maybe not. but i think having this view captured is very important as we go about our days watching others being used and exploited, we feel powerless when it comes to sticking up for them which is why her face is framed. we watch as she poses for the exploitation she doesnt know is coming. i love the black and white because i think when you look at this photo you can straight taway see its not happy

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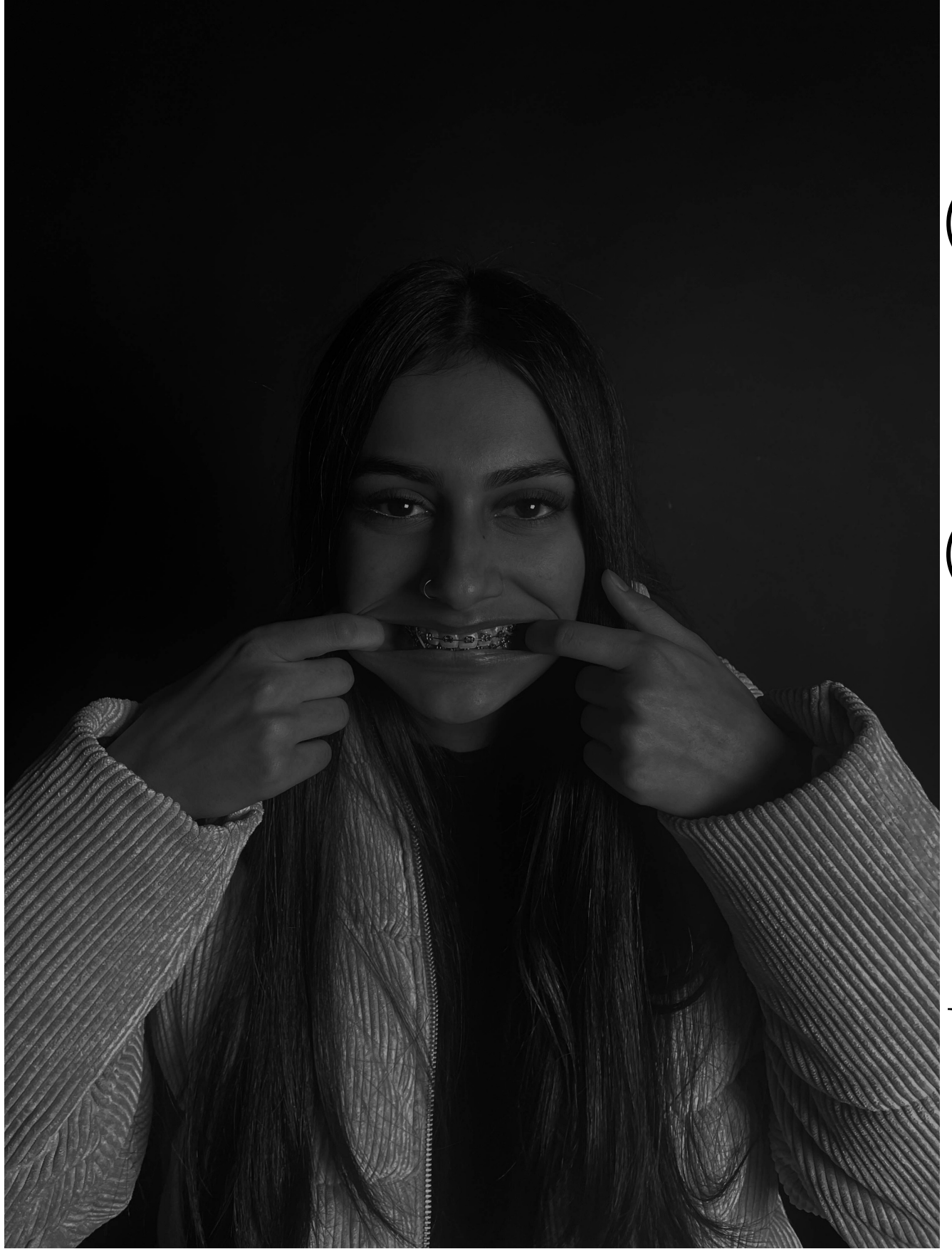
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i chose to use this photo for my final prints because i think it expresses how you can question beliefs. you dont have to agree with everything. a big theme in my final prints is that you are allowed to let go, your allowed to not think the same as everyone else. in this photo her expression made me stop and think about the meaning because the pain on her face looks as if she has been lied to. she feels betrayed. betrayed by social media? betrayed by the ones who were suppose to be honest?in this photo she looks as if she i trying to figure out who she is.

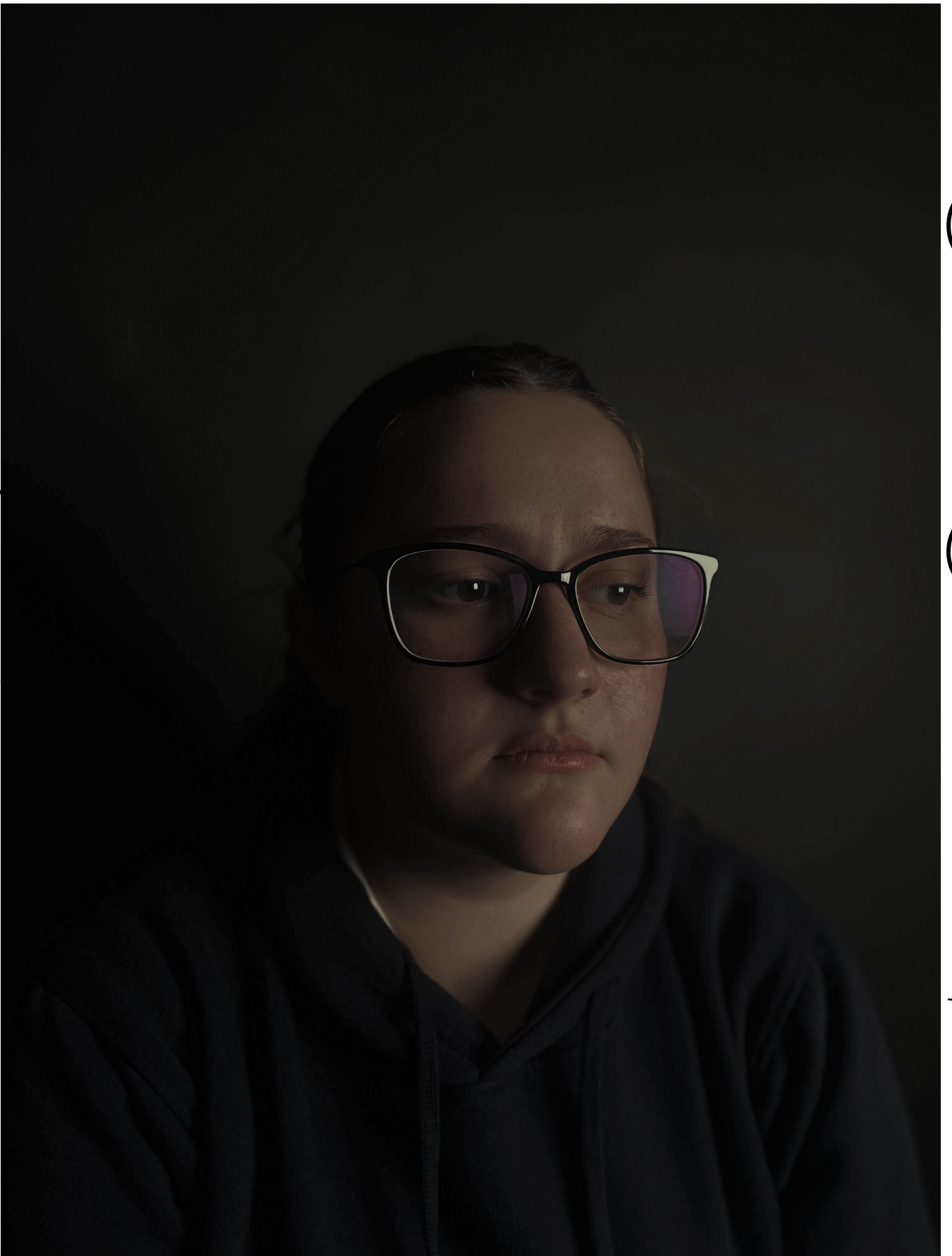
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i chose to use this photo in my final photos because it shows how we get molded and formed into the people society needs and wants. from a young age women are taught to cook and clean, they are raised with 'doll babies' as toys and a motherly role is forced on them. in this photo the black and white filter shows that it is sad, it is not right, she is physically stretching her mouth showing how we turn ourselves into something were not, we will change ourself so that others are happy. i like how in this photo she has a blank expression in her eyes showing she doesnt want to change herself however she feels a duty to. this relates to my theme for my final prints because you can let go from your 'duties' forced upon you, there are no boundaries for what you are allowed to do

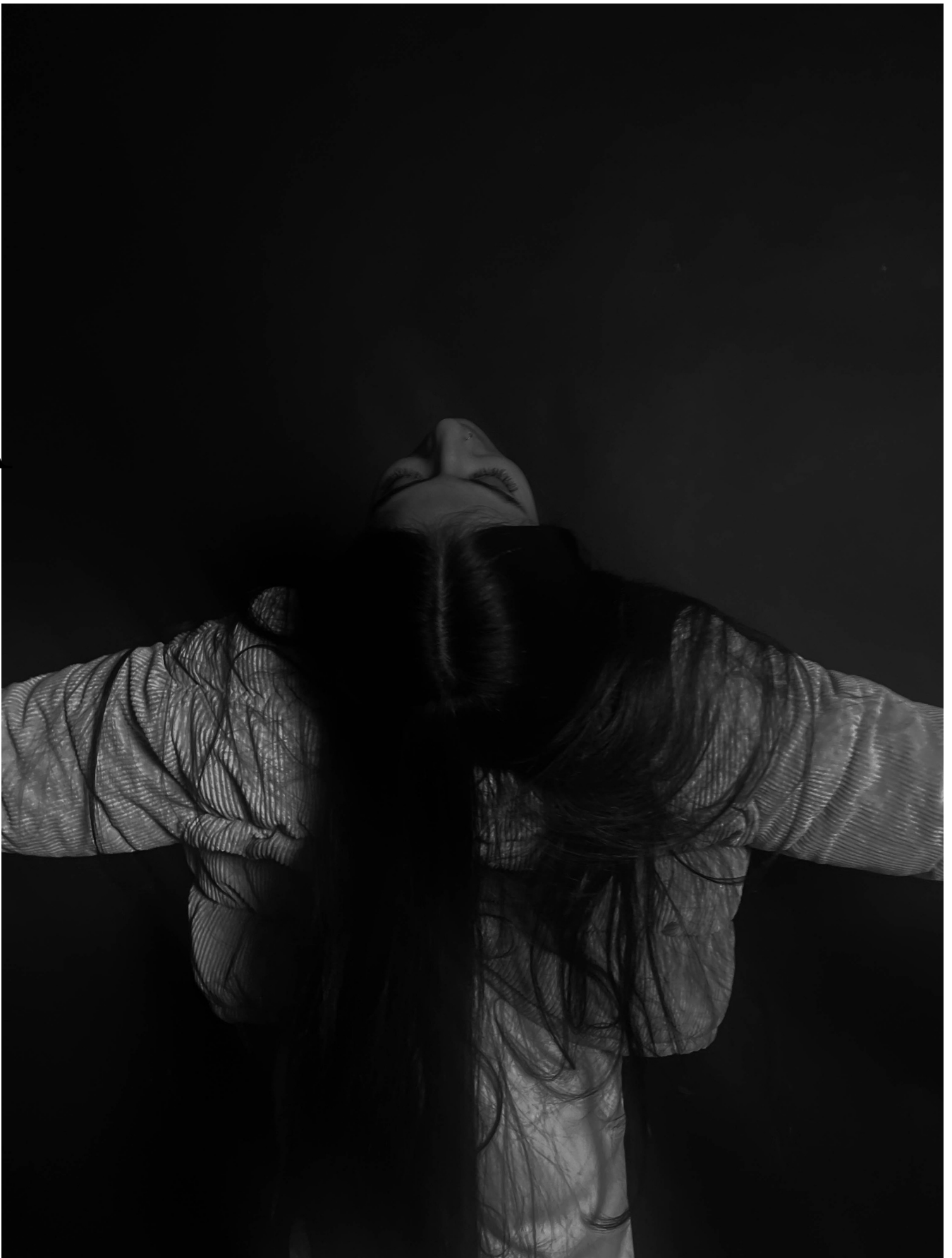
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in this photo it looks as if she is contemplating if what she is going through is right. the thoughts rush through her head. can he say that to me? why would they say that? this is why i added the photo. you can clearly see the expression of discomfort on her face, and the colours of the photo still being dark but not black and white shows that she is stepping out of the state of denial and forming her own opinions and ideas. i chose to use a4 glossy for this photo because i dont want the photo took look pixelated or blurry if i used matte paper because it is so dark.

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i again chose to use A4 glossy for this photo because if i used matte the black area outside of her would turn chalky so i think glossy paper is the best fit for this photo. i chose to use this photo because it represents her falling into societies grasp. she trusts them and believes it is an honest conception. she puts her faith in social media, following trends assuming they will make her feel better about her own insecurities but they dont. i used black and white for this whole shoot but i think this photo especially needed it because she fully trusts society and peoples opinions

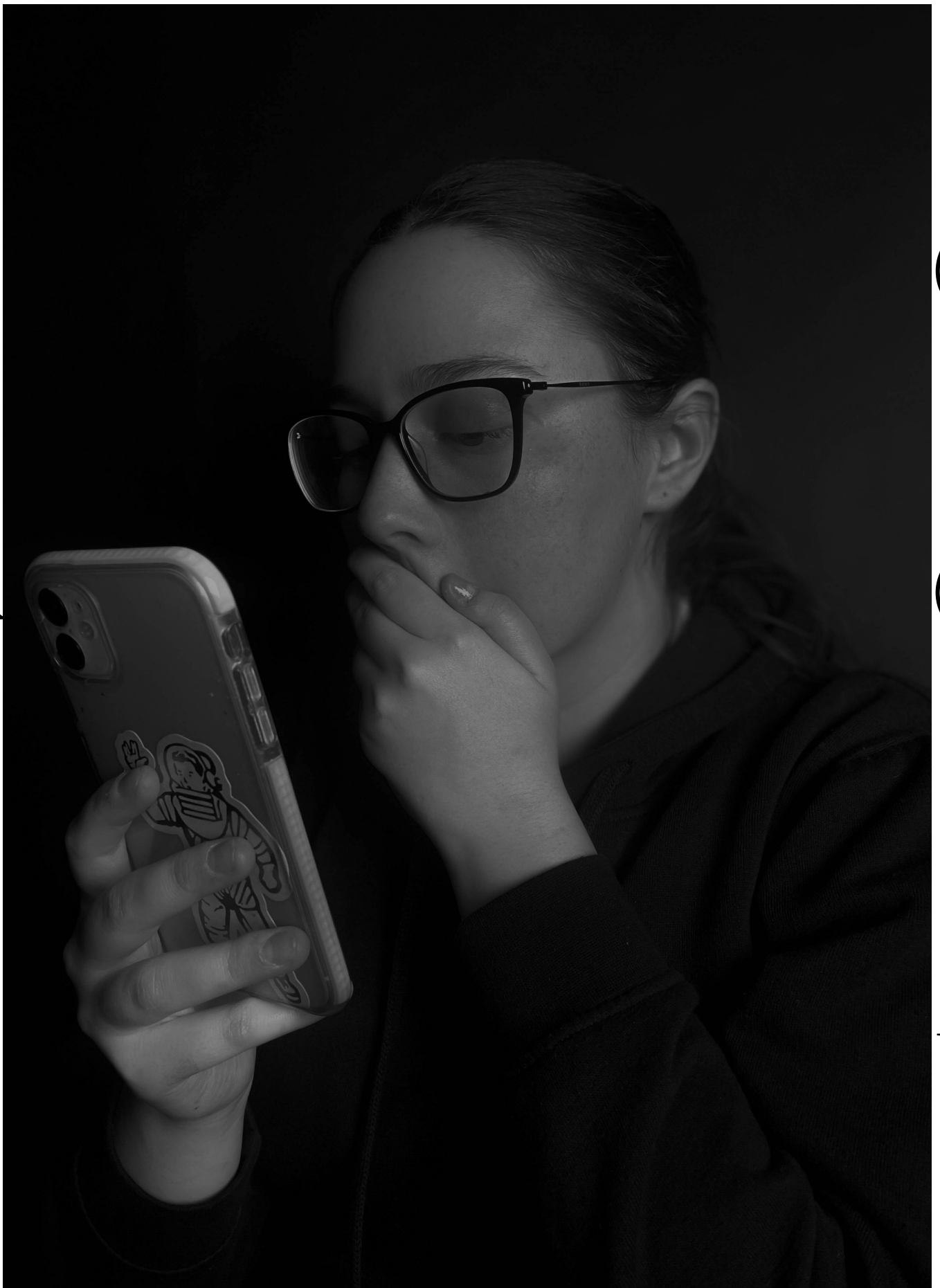
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this photo is very similar to another one ive chosen however theres a few slight differences. in this photo she is looking straight at the person in front of her, listening to all they say however the tears in her eyes show that she doesnt believe that person anymore, she is sad because she put her faith in someone who let her down. i chose this photo because of the colours, it is lighter than the similar one showing that slowly she is losing her faith in others more and more. i chose to use a4 glossy because i didnt want the photo to be too big or it would have taken away from the expression on her face. i chose glossy paper because i didnt want the background to go a chalky colour

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in this photo it shows how social media reflects people. when you read a comment written by someone else about your flaws it hurts you in a way that cant be fixed. it will stay with you forever and everytime you look at yourself its all you see. i wanted to add this into my shoot to show that its okay to have insecurities but you shouldnt let other people control your life and the way you see yourself. let go of the things people have said to you. it is always worse when you compare yourself to others you see online .if you carry on like that nothing will change about how you think of yourself

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this photo shows the battle inside your mind, you fight to try and keep your sould and sanity but it is harder when you are battling your own thoughts. you are at constant war with trying to disipline yourself into not thinking bad things about your body or self image. it is a massive issue when it comes to eating disorders. other peoples words hurt. but your thoughts are the ones that will force you to carry on the way you are.

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i used this photo to show how you sit with your own thoughts. when its silent and you are in class or at home you are just left with your thoughts, the bad and good ones. it makes you feel weak, as if you cant stop them but there is nothing you can do to stop them. i really like this photo because of the grey background, it is very still and quiet rather than a very light or dark background. the soft grey colour allows you to focus on the girl and her expression