



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- MY BODY -

BEAUTY IDEAL – BODY SHAMING



Beauty standards are often narrow and unrealistic, making many people feel like their bodies don't fit in. Social media and advertisements promote an "ideal" body type that excludes many, especially people with disabilities. When disability is represented, it is often through a lens of overcoming challenges rather than embracing diverse bodies as they are. This lack of visibility can lead to feelings of exclusion and self-doubt. However, beauty is not about fitting a standard—it is about individuality, confidence, and self-expression. Every body is unique and deserves respect, recognition, and appreciation.



What is body shaming?

Body shaming happens when someone is criticised, judged, or mocked because of their physical appearance. It can come from:

- **Society** – Media and advertising often promote one type of body as “ideal,” ignoring diversity.
- **Other people** – Friends, family, or strangers may make negative comments, even if they don’t realise the harm they cause.
- **Yourself** – Internalised beauty standards can make you judge your own body harshly.

The impact of body shaming

Being told your body is “wrong” or “not beautiful” can lower self-esteem, cause anxiety, and create barriers to self-acceptance. It may also make people feel invisible, as disability is often left out of beauty conversations.

Challenging beauty standards

- **Representation matters** – Seeing diverse bodies in media helps challenge harmful beauty ideals.
- **Redefine beauty** – Beauty is not about perfection; it’s about individuality, confidence, and how you feel in your own skin.
- **Self-acceptance** – Your body is valuable, strong, and worthy of respect, regardless of how it looks compared to social norms.

Beauty is not one-size-fits-all. It’s time to celebrate all bodies—including yours.