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Body Positivity for Teens and the Struggle for Authenticity: How to Actually Accept Your Insecurities

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Body positivity used to be this big, overwhelming idea of having to "love your body no matter what." It's a lot of pressure, and it's impossible to feel amazing about yourself every single day. Especially, when you wake up and see another huge acne or can't fit into the jeans your mom just bought you in the summer.

The real change for us is realizing that it's okay to have moments where you don't feel great.

You can still have insecurities and off days and messy hair, but you still deserve to respect yourself and know your own value. It's not about forcing yourself to love every inch of yourself.

In this article, I am going to show you how young people are redefining body positivity. It's about accepting and allowing for insecurities while still respecting and valuing oneself.

Social Media: My Love-Hate Relationship

Social media platforms like Instagram, TikTok, and Snapchat play total mind games on young people. They have a huge influence on how teens see themselves and others. The constant "glow-up" videos and heavily edited photos are daunting to young people.

It's easy to feel like you're not good enough and that you need a complete make over. Everything looks so perfect! From the lighting to the angles to the filters. On top of that, endless ads are constantly popping up to sell the latest "self-care" products to help "fix you up." It's so easy to fall into this trap and feel like we're not good enough.

What's also crazy is that these same platforms are now empowering young people to fight back. While they can make us feel insecure, they also encourage us to be real. This movement is all about participating in challenges that feature unfiltered selfies and videos showing our messy rooms and sleepy faces. It's an empowering, silent rebellion to post your real self. It's a way of saying, "Wow, it's normal to have flaws!"

Influencers like [Spencer Barbosa](#) are a huge part of this. She posts videos that are so honest about self-love and confidence. It's proof that being real and authentic can be just as beautiful as being "flawless." On platforms like my new Instagram handle [@BeTotallyU](#), *we're all using our voices to spread one simple, powerful message... be totally you!*

The Reality of Celebrities

It's hard not to look at celebrities and compare yourself. First of all, they're everywhere on your feed, on TV and so on, looking absolutely flawless. But we all know they have stylists, personal trainers, and even cosmetic procedures to get that look.

So, when they post a picture and say, "I'm just like you," it feels a little fake. And it's even worse when they start selling detox teas or diet plans. It sends this subtle message that your body isn't valuable unless it looks a certain way.

But there are some who are actually using their platform for good, and they're the ones who really inspire me. My favorite, Lizzo, is a perfect example. She's all about celebrating her body and pure joy, which is so refreshing.

Zendaya is always speaking out against Photoshop, showing us that real beauty doesn't need to be digitally retouched. And how about Billie Eilish? She uses her fashion choices to protest body standards and challenge the idea that women have to constantly put their bodies on display.

They're helping us remember that the most important thing is to be ourselves.

The Push for Something Real

We're so tired of being told how to look. That's why so many of us are moving past just "body positivity" and embracing body neutrality. It's a huge shift.

Instead of feeling pressure to love my body every single second, it's about respecting it for what it can do. My body lets me dance, it gets me through a tough day at school, it gives me hugs. It's okay if I don't like how I look in an outfit sometimes, because my value isn't tied to my appearance. That feels so much more real and achievable.

Social media, which used to be the enemy, is now our biggest tool. We're using hashtags like [#NormalizeNormalBodies](#) to create our own communities. We're sharing pictures of our acne, our stretch marks, and our "bad angles" because they're part of who we are. We're showing the world that these things are normal, not flaws to be hidden.

We're creating a space where we can connect and feel seen without having to pretend to be perfect. This is also bleeding into fashion. We're choosing thrifted and DIY styles that are all about self-expression, not about fitting into a trend.

And we're using memes and parody videos to laugh at the ridiculousness of influencer culture and edited photos. For our generation, body acceptance isn't a trendy phrase—it's about finding a balance between authenticity and all the pressure we feel.

We're building our own communities where diversity and realness are celebrated, and that feels like a real victory.