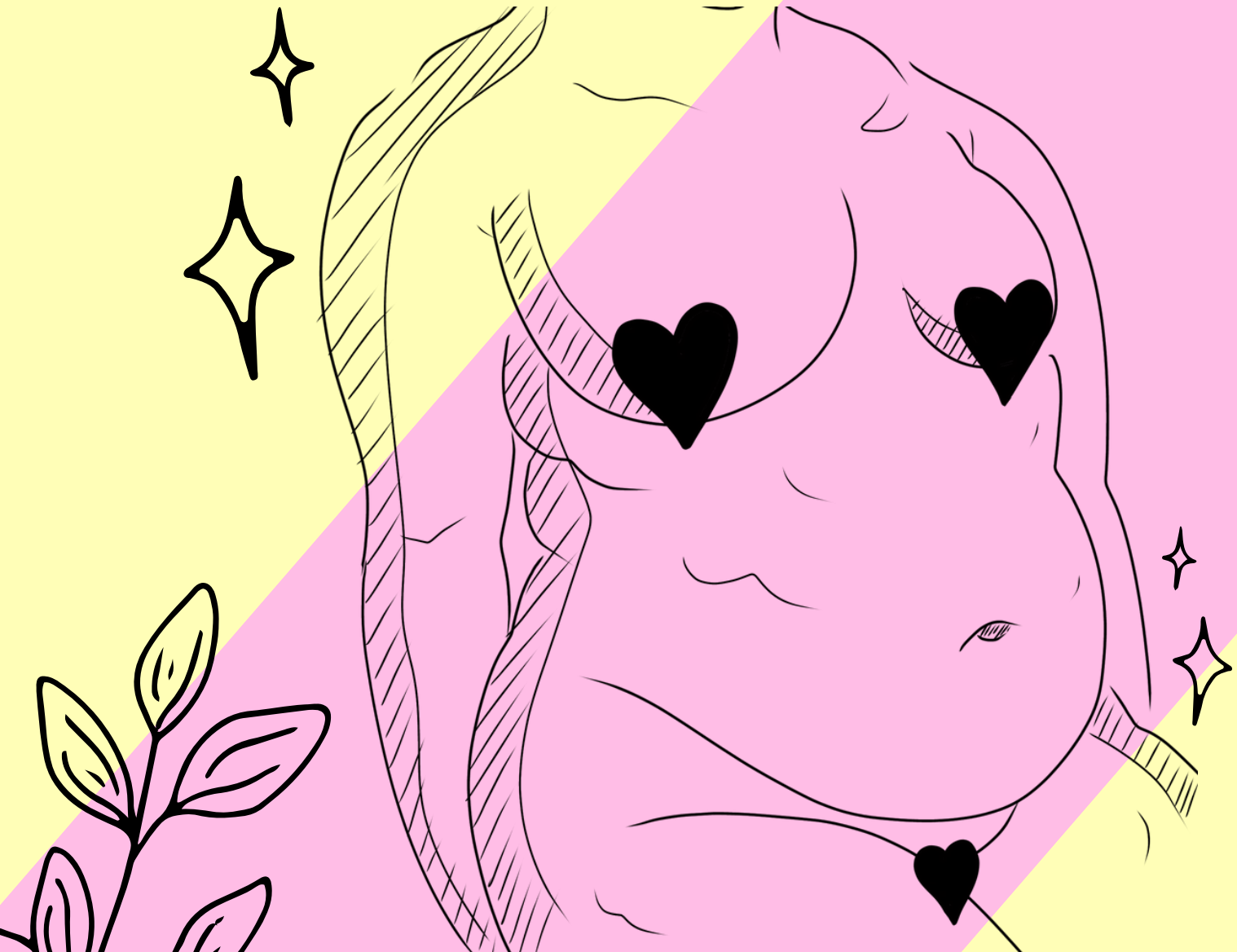
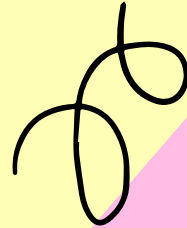
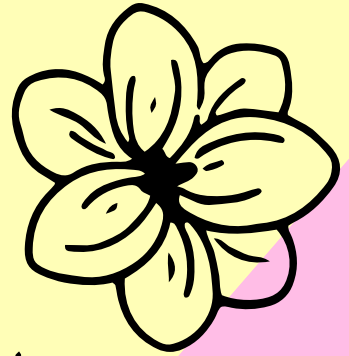
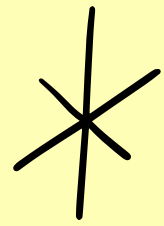


RISQUÉ:

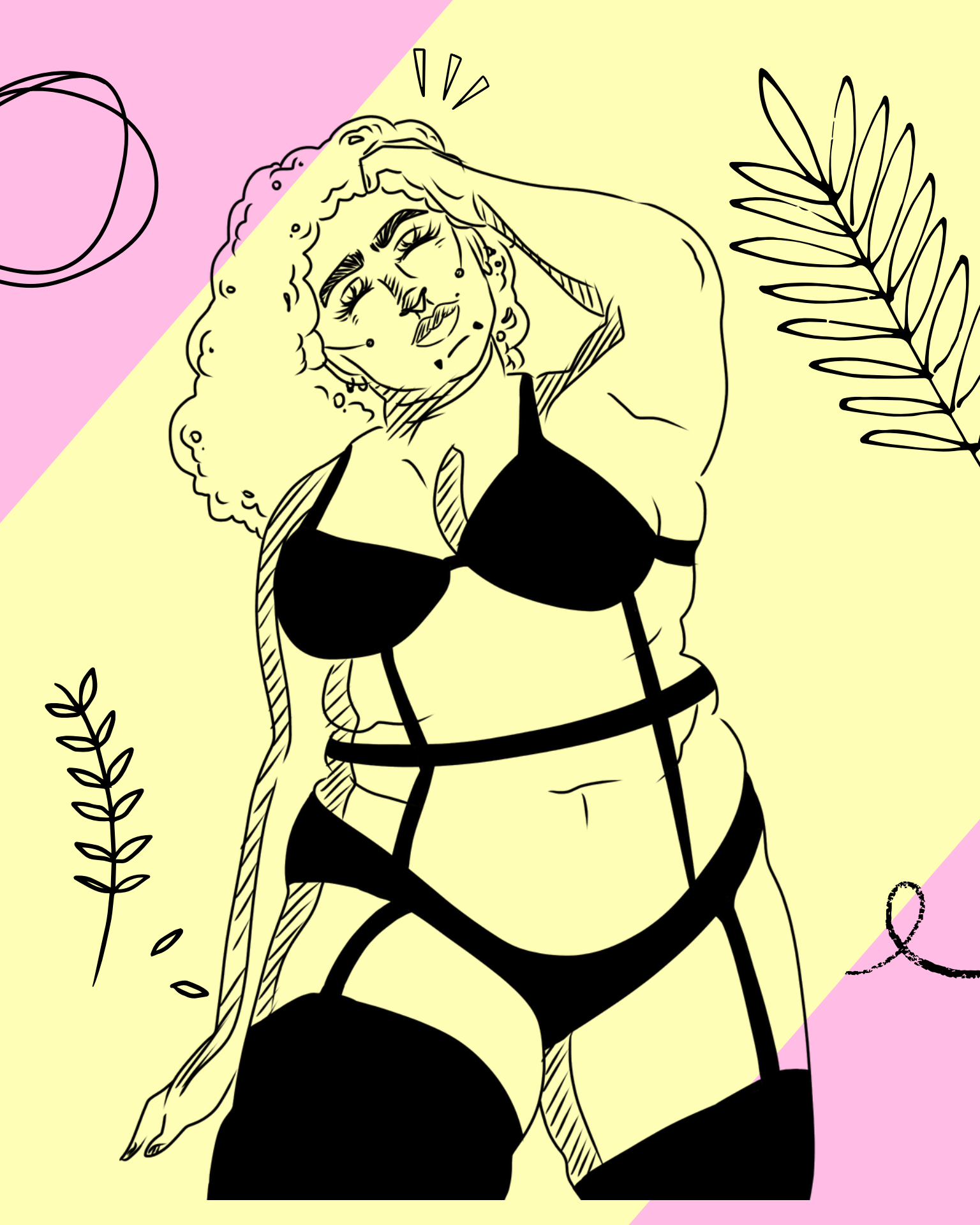
***A FAT GIRL'S GUIDE
TO SUMMERTIME***



ABOUT THIS ZINE:



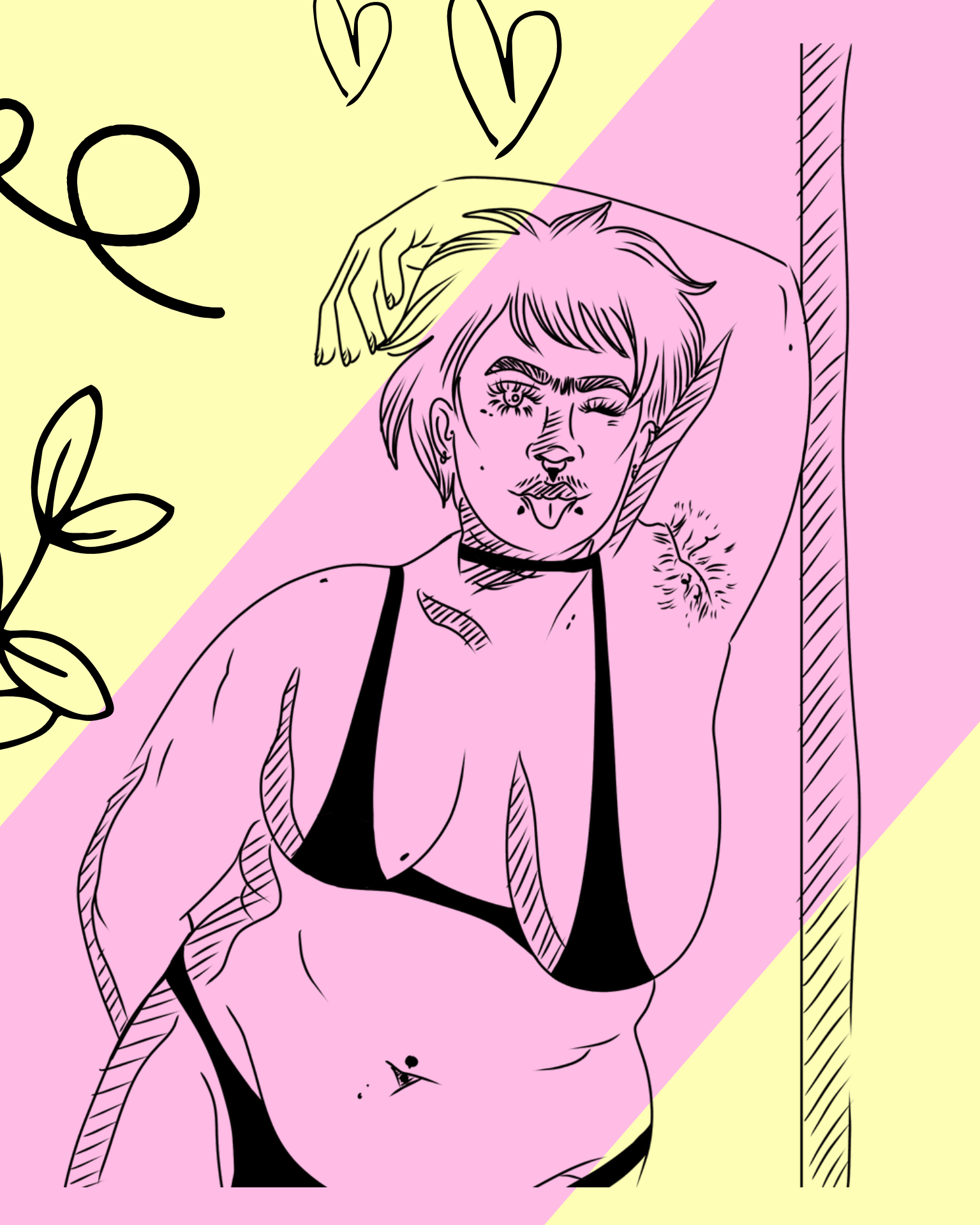
SUMMER USED TO BE THE MOST DREADED TIME OF YEAR FOR ME. I HATED BEING ALL SWEATY, ALL THE HUMIDITY IN MY HAIR AND WORSE OF ALL, NOT BEING ABLE TO COVER MY BODY IN LONG DRESSES AND SWEATERS. AS A FAT PERSON, BEING DESIRABLE IS SOMETHING THAT WE ARE NOT TOLD - ESPECIALLY IN THE SUMMERTIME WHEN WE GET LOOKED AT MORE JUST FOR WEARING A BIKINI OR A CROP TOP. SO I CREATED THIS ZINE TO ENCOURAGE FAT FOLKS TO BE THEIR SEXY SELVES, THAT WE TOO ARE SENSUAL, WANTED AND DESERVE A RISQUÉ SUMMER, JUST LIKE EVERYONE ELSE! THIS ZINE IS FULL OF LITTLE ANECDOTES, ADVICE, AFFIRMATIONS AND DRAWINGS ALL MADE BY ME - JUST YOUR AVERAGE FAT GIRL, TRYING TO GET THROUGH THIS UPCOMING HOT WEATHER, LIKE ANYONE ELSE!





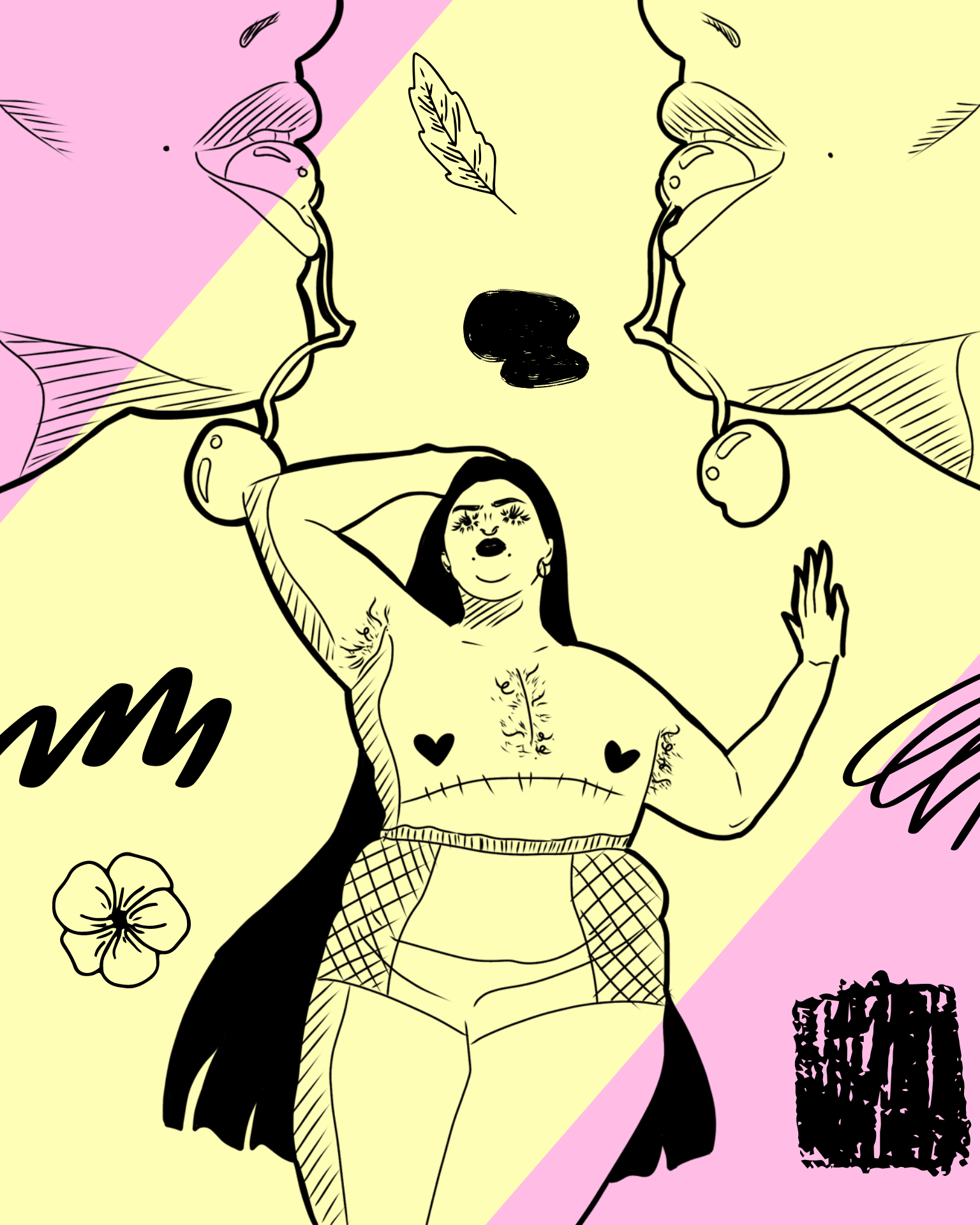
I'M WEARING THAT TWO PIECE:

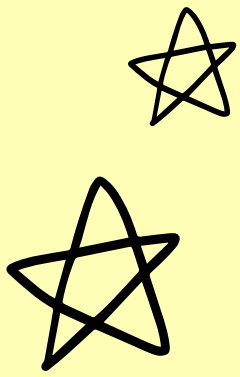
HERE'S THE THING, I HAVE ALWAYS WANTED TO WEAR ONE OF THOSE TINY TWO PIECE BIKINI SETS. THE ONES THAT BARELY COVER ANYTHING. I'VE SEEN THIN PEOPLE WEAR THESE MY ENTIRE LIFE AND, FOR THE LONGEST TIME, I TOLD MYSELF I COULDN'T WEAR THEM UNLESS I GOT SKINNY. WELL, IT'S YEARS LATER AND I'M NOT SKINNY BUT I'VE CONVINCED MYSELF TO WEAR THAT TWO PIECE ANYWAY! NO MORE HIGH-WAISTED, WIDE STRAPPED, ONE PIECES THAT ONLY COME IN BLACK! BEING FAT SHOULDN'T STOP ME FROM WEARING WHATEVER THE HELL I WANT! SO I'M GUNNA WORK UP THE COURAGE TO BUY THAT TINY SET. I CAN'T WAIT TO SHOW OFF MY BEAUTIFUL ROLLS!



ON SUMMER FLINGS:

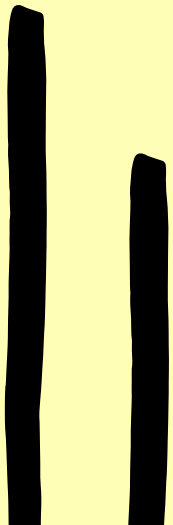
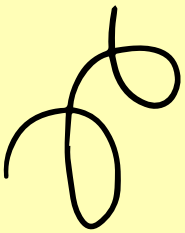
ANOTHER THING PEOPLE HAVE, IS THIS MISCONCEPTION IS THAT FAT PEOPLE DON'T HAVE SEX. ALL OUR LIVES, WE ARE EXPOSED TO MEDIA WHICH ONLY SHOWS US THIN BODIES HAVING FLINGS AND HOOKING UP, I NEVER THOUGHT I COULD EXIST AS A SEXUAL BEING BECAUSE OF MY WEIGHT. WELL, LET ME TELL YOU WHAT I'VE DISCOVERED. FAT PEOPLE CAN INDEED HAVE SEX, A LOT OF IT. ONCE I FOUND OUT HOW THIS WAS ACTUALLY A POSSIBILITY FOR ME, I STARTED TO LOOK FORWARD TO SOCIAL SITUATIONS A LOT MORE. WHAT ANGERS ME IS THE FACT THAT FATPHOBIA EXISTS AND THERE ARE STILL PEOPLE WHO THINK WE'RE NOT HOT STUFF. IT CAN BE REALLY HURTFUL AND IT MADE ME FEEL AWFUL ABOUT MYSELF AND MY BODY FOR A LONG TIME. BUT NOW, I CAN HONESTLY SAY THAT I'VE FINALLY STARTED HEALING FROM THAT PAIN, AND I'M GOING TO CONTINUE HAVING A HEALTHIER OUTLOOK ON MY SEXUALITY.

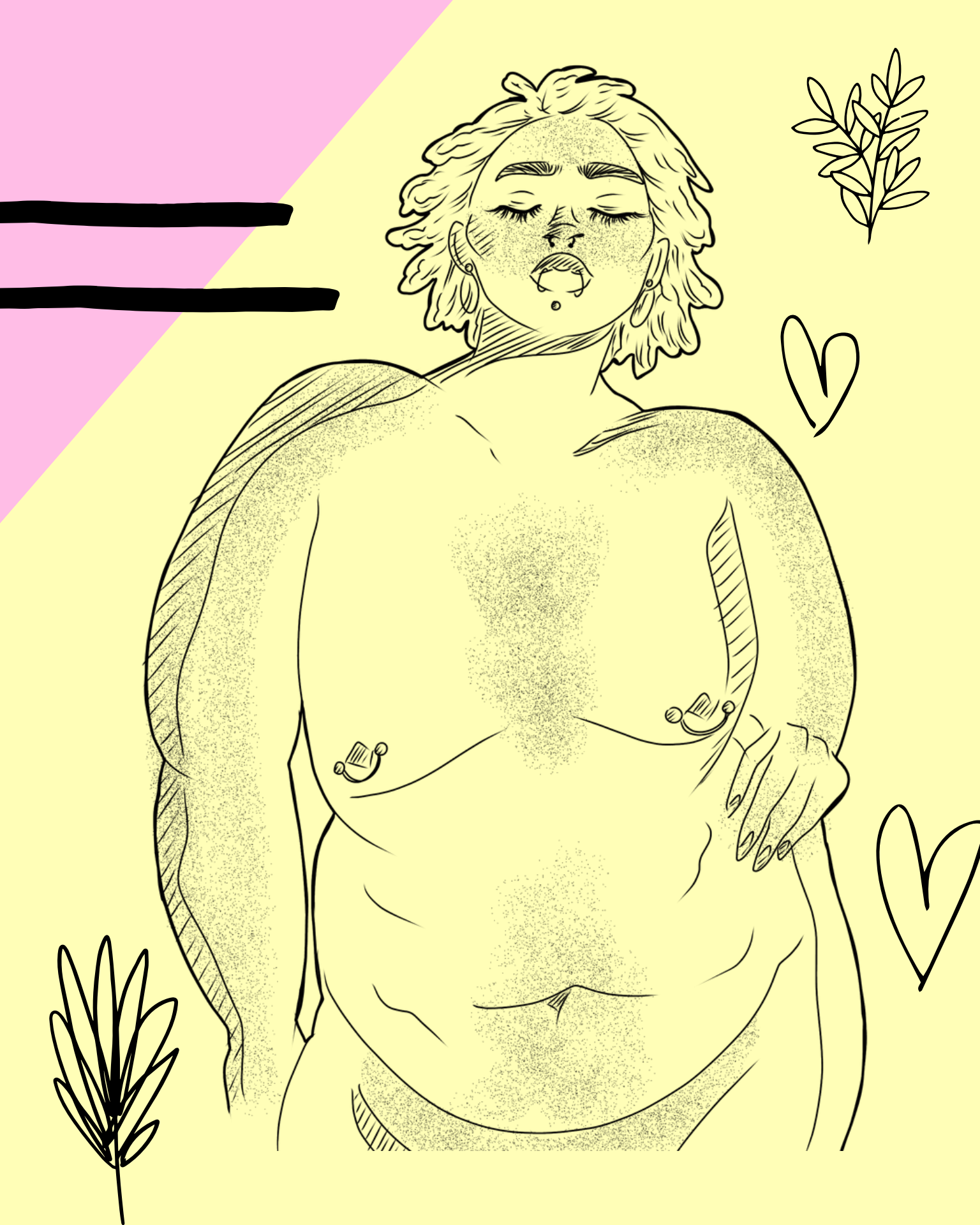




I'LL EAT WHAT I WANT:

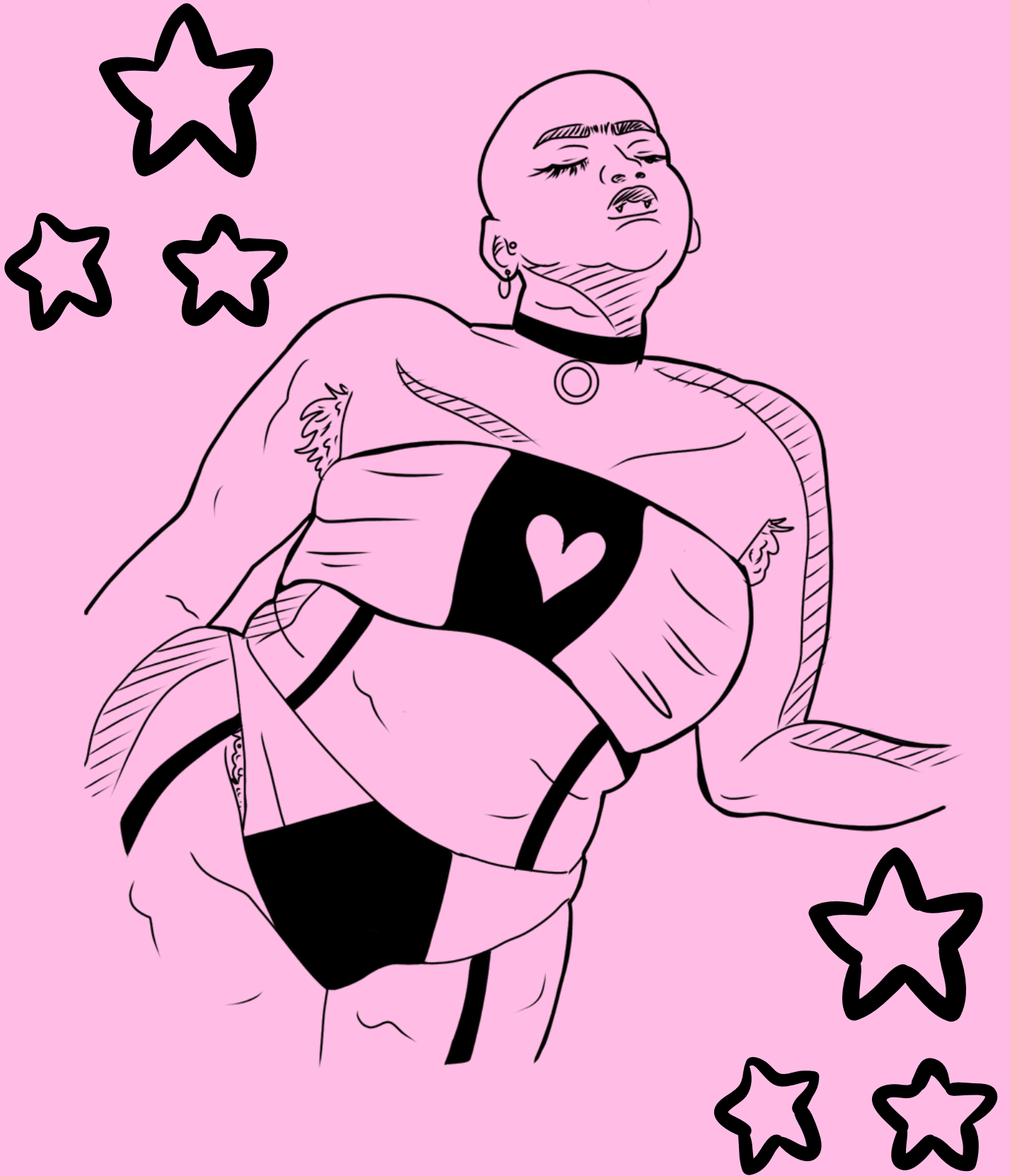
THERE'S ALL THIS LANGUAGE AROUND DIET CULTURE THAT IS TOXIC AND UNHEALTHY FOR MANY REASONS. A LOT OF IT IS IMPOSED ON ANYONE WHO 'LOOKS FAT' AND IS DISGUISED AS 'ADVICE' INSTEAD OF WHAT IT ACTUALLY IS, WHICH IS DEMEANING. FAT PEOPLE CAN'T EVEN HAVE A MEAL IN PEACE WITHOUT SOMEONE MAKING COMMENTS ABOUT THEIR FOOD CHOICES. NEWSFLASH, THIS ISN'T ANY OF YOUR BUSINESS, I'VE HAD ENOUGH OF PEOPLE TELLING ME WHAT TO EAT, WEAR AND DO - I'M SICK AND TIRED OF HAVING TO CONSTANTLY QUESTION MY MEALS AND NOT BEING ABLE TO ENJOY THEM. THIS SUMMER, I'M EATING WHATEVER THE HELL I WANT!





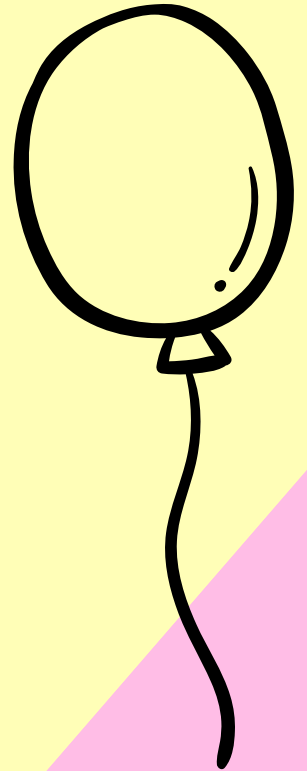
MY BODY, MY CHOICE:

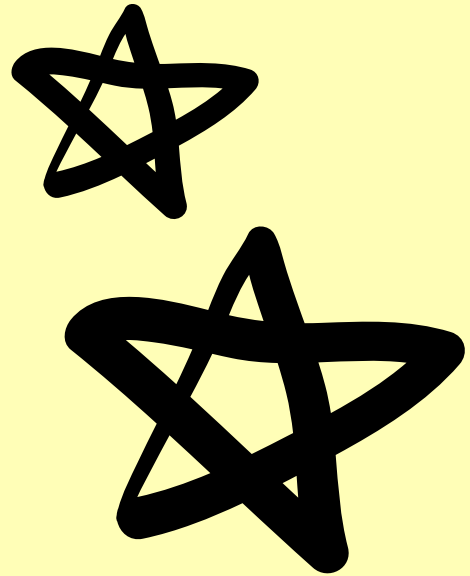
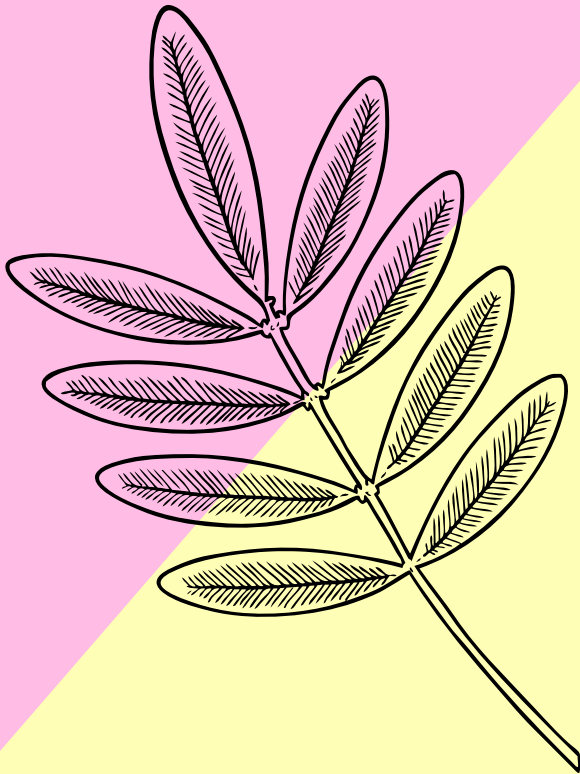
SOME OF US AREN'T GOING TO HAVE THAT SEXY NAKED SUMMER - AND THAT'S OKAY TOO. I MADE THIS ZINE IN ORDER TO HIGHLIGHT THE LONG WAY I'VE COME FROM HATING MY BODY AND HIDING IT UNDER LAYERS OF CLOTHING TO ACTUALLY LIKING THE WAY IT LOOKS AND WANTING TO SHOW IT OFF. BUT THAT DOESN'T MEAN THAT EVERYONE HAS THE SAME JOURNEY AS ME - LOVING YOURSELF LOOKS DIFFERENT, IT DOESN'T HAVE TO BE ABOUT WEARING REVEALING CLOTHING OR HAVING TONS OF SEX. IT CAN JUST BE ABOUT HAVING INNER FEELINGS THAT HAVE CHANGED OR HAVE NOT. FAT PEOPLE HAVE BEEN THROUGH A LOT AND I JUST WANNA ACKNOWLEDGE THAT IT'S NOT EASY. AND THAT IT'S OKAY IF YOU CAN'T RELATE TO MY EXPERIENCES, YOU ARE STILL VALID!



ABOUT THE AUTHOR:

MUNEA WADUD IS A 27 YEAR OLD ARTIST, WRITER AND CREATIVE CURRENTLY LIVING ON THE UNCEDED, UNSURRENDERED TERRITORY OF THE ANISHINABE ALGONQUIN PEOPLE. SHE IS SELF-TAUGHT AND MAINLY FOCUSED ON CREATING WORK THAT VALIDATES HER IDENTITY AS A NON-BINARY QUEER PERSON OF COLOUR. SHE HAS AN ART BUSINESS WHERE SHE DESIGNS AND SELLS PATCHES, PINS, STICKERS AND MUCH MORE. HER WORK HAS BEEN SHOWCASED AT OTTAWA ART GALLERY'S YOUTH SHOWCASE AS WELL AS THEIR GIFT SHOP. SHE HAS BEEN FEATURED IN NOTABLE FAIRS SUCH AS FEMINIST FAIR, FLAMINGO ARTS MARKET FOR LGBTQ+ CREATORS IN TORONTO AS WELL AS THE INSIDE OUT LGBTQ+ ARTS MARKET AND FILM FESTIVAL.





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