

The Guides Of Our Special Chair  
That Show You What Others  
Don't Really Tell You ☺♥



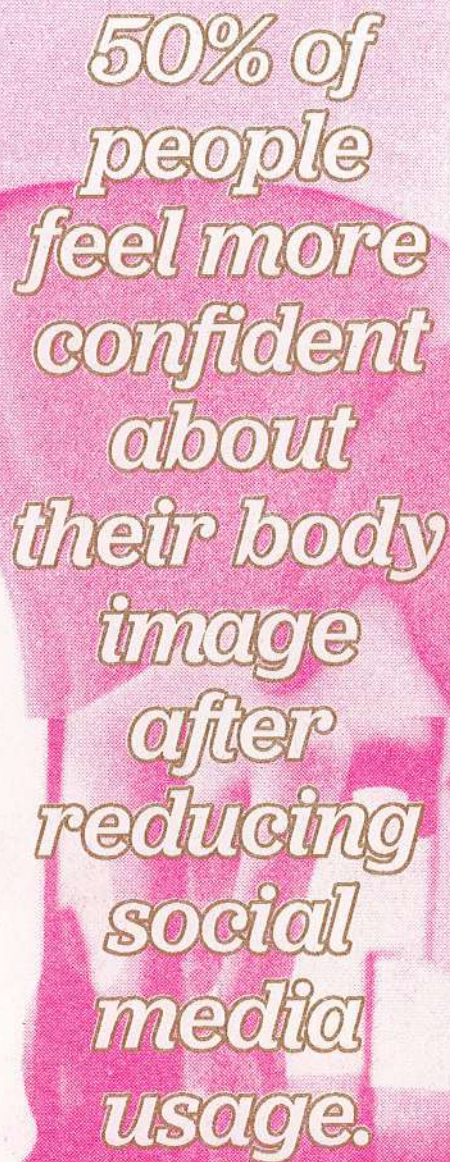
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Hello there! Thanks for picking up this guidebook and please take a seat on this chair! As you read through it, we'd love you to chat with others and also ask yourself how much social media ● has negatively affected your life and manipulated your perception of a "PERFECT" body ● image!

Well, well, there's no need to say how much people have become addicted to social media ● anymore – apparently we spend 6-8 hours per day on it! And look what we've got...

A woman with long dark hair, wearing a red dress, is looking down at a smartphone held in her hands. The background is a soft, out-of-focus light color.

*50% of  
people  
feel more  
confident  
about  
their body  
image  
after  
reducing  
social  
media  
usage.*

A woman with long dark hair, wearing a red dress, is looking down at a smartphone held in her hands. The background is a soft, out-of-focus light color.

*90% of  
girls think  
social  
media  
content  
makes  
them  
feel less  
“pretty”.*

# Body Image?

Does my body look fat? skinny? tall? short? big? or small?



I hope I can be as curvy as she is!



I am heavier than my friends? Does that mean I am overweight?



I have a pale skin tone... I should get tanned!



# Filter Quarant

## Some of Generation Z:

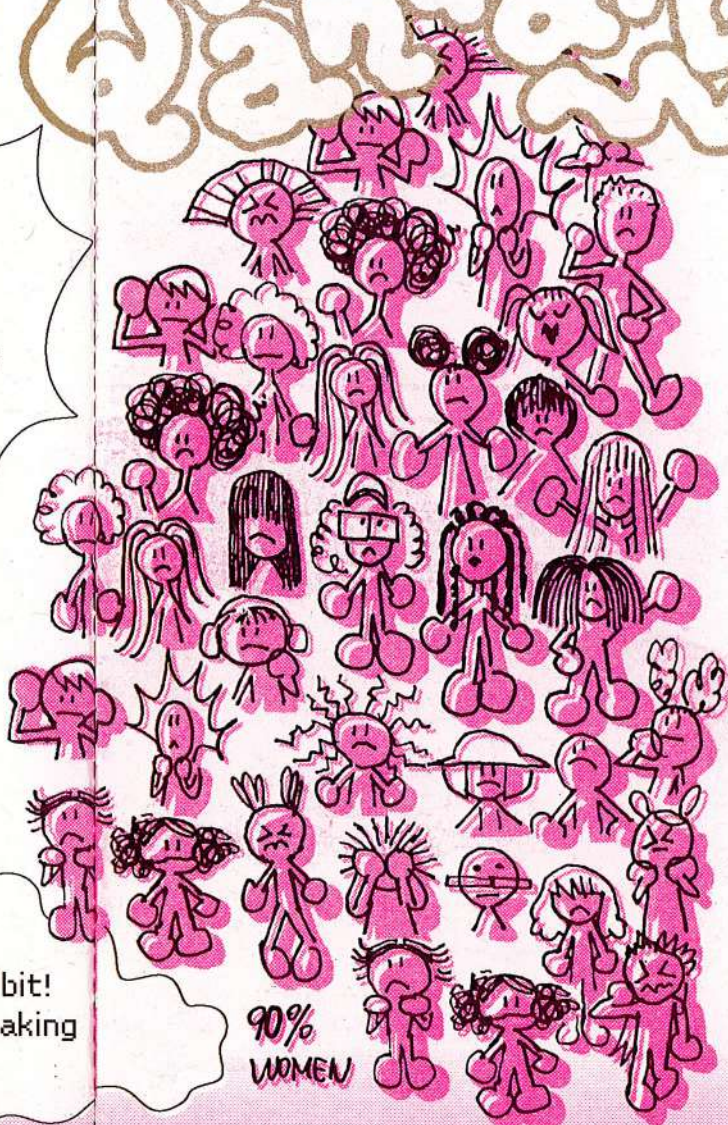
We want authenticity! Give us filterless feeds! This social media makes us cyber-sick now! Don't want to use filters anymore. It's all fake!

GEN Z



## 90% of young women:

I know... But I still sometimes use filters, or at least want to edit my photos... I mean, just a little bit! I get more likes and that's making me more confident...!



“Filter Bubbles” or “Echo Chamber” means that you’ll only be able to see information that you love and agree with.

Based on your interests, location or whatever you've clicked or searched in the past, the social media algorithm will promote those you've already agreed with in your feed! In the end, you will find yourself isolated in your own manipulated bubble world.

# Panopticon perfection

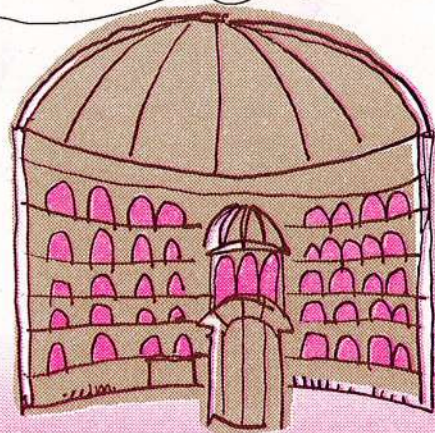
I don't  
know who's  
watching me.

But Somehow  
feel like I am  
being watched  
all the time!

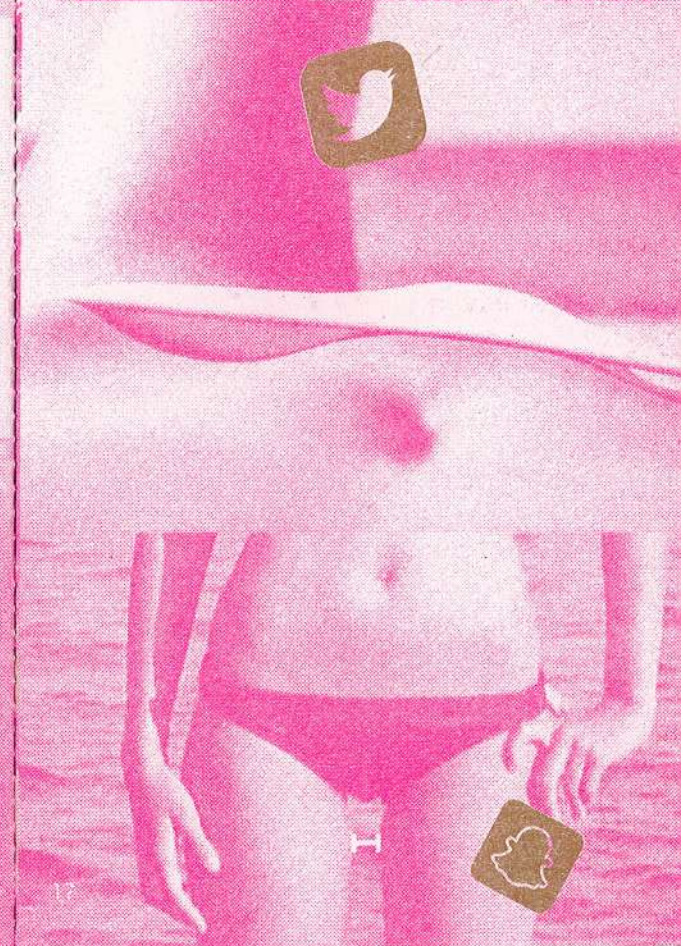
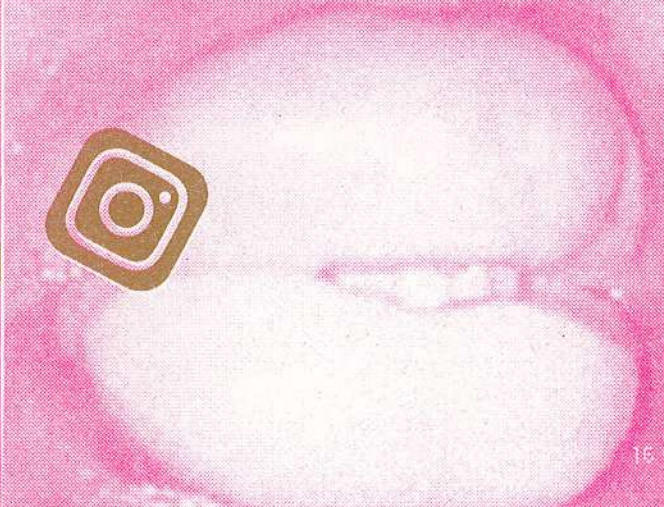
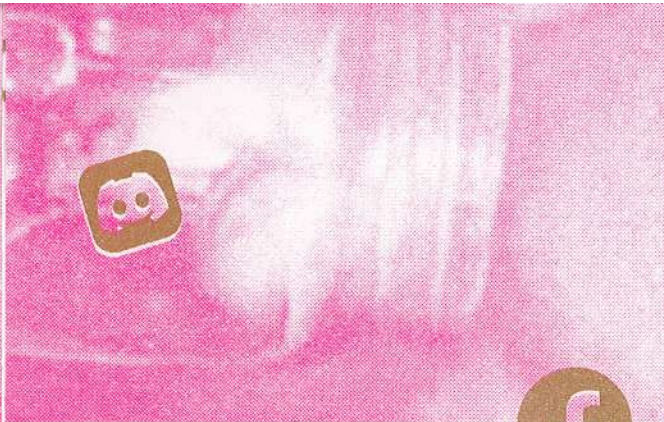
We can have millions...  
No, billions of people  
on social media at  
the same time...

But I'm  
still alone.

So I want to look  
as perfect as possible  
all the time.







# Body

Sometimes, I feel shame and blame myself when I see my body and hate how it looks!

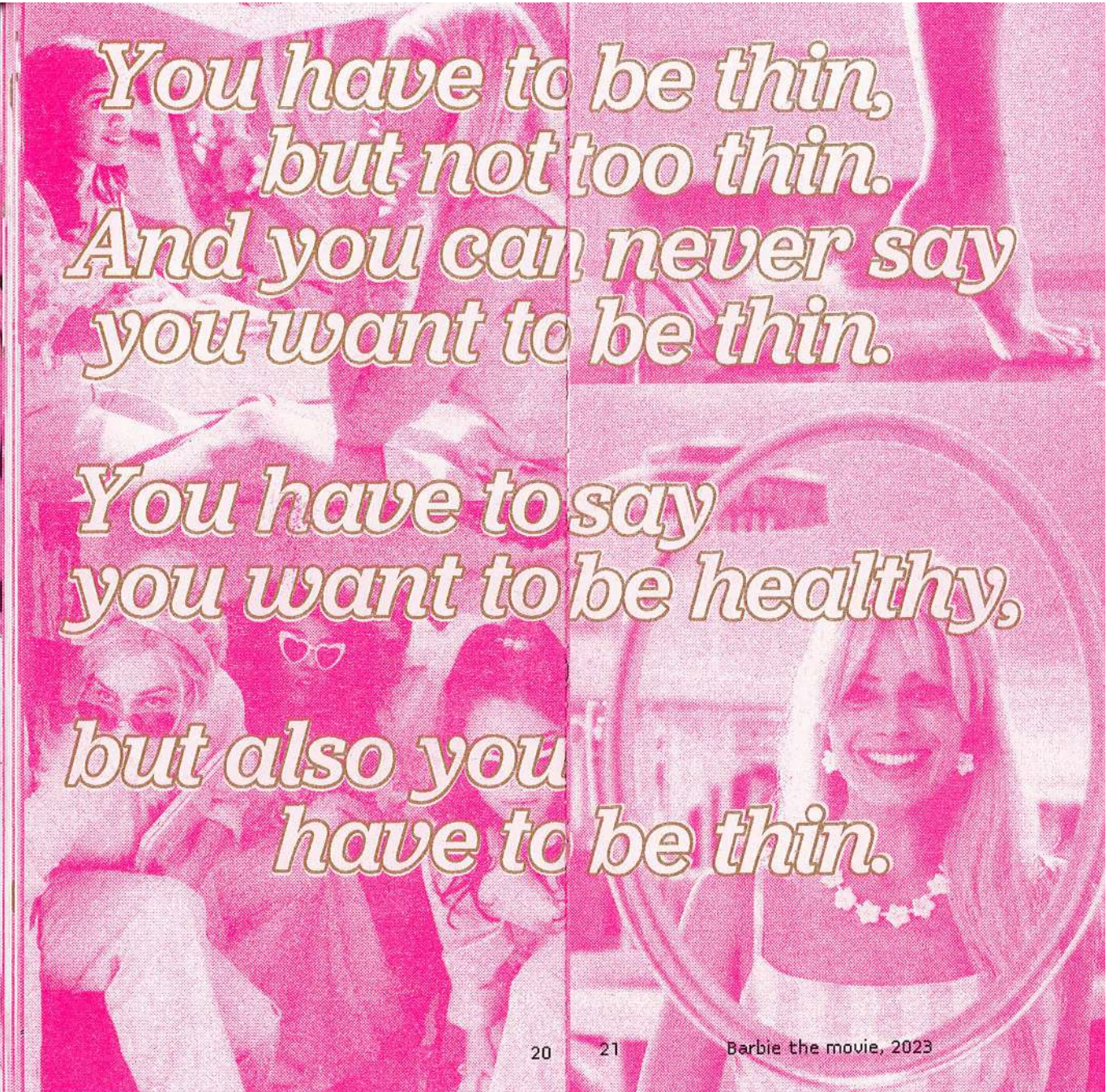
Looking at those posts under #Body\_Positivity, I am not as confident as those white females with abled-bodies.

It is almost impossible to love my body and every part of it! Isn't it exhausting and toxic?

# Posi- vity

Sometimes, I lie and hold back my true feelings about my body for the sake of being positive.

Body Positivity is still focusing on being conscious of how we look. But can we just stop judging our bodies? Like being neutral?



*You have to be thin,  
but not too thin.  
And you can never say  
you want to be thin.*

*You have to say  
you want to be healthy,  
but also you  
have to be thin.*

You may have heard “Love yourself!” or more precisely “We should all love our bodies!” These phrases are often used as taglines of so many self-care brands, encouraging you to consume more to confirm that you are alright.

Body Positivity is one of the most common responses to the body image issue. However, how and why can we always love our bodies?

We should go further than just loving our bodies. But... How? What does Body Neutrality mean?



*Not  
supporting  
the hatred  
of our  
vessel  
or the  
love and  
adoration  
of our  
vessel.*

She's the first person who  
said "Body Neutrality".



Anne Poirier  
Shaping Perspectives, 2023

# Body Neutrality

Being neutral makes me stop judging my body by how it looks. I don't feel the pressure to love my body anymore!

Body Neutrality sounds more realistic, mindful, and flexible.

I can appreciate and respect my body by focusing on how my body functions itself.

Listen to my body. What does it need? Does it want to move? eat? or just take a rest?

However... This is still not a perfect definition to tackle this issue. Being "neutral" to my body also needs a lot of effort which still needs awareness.

So...

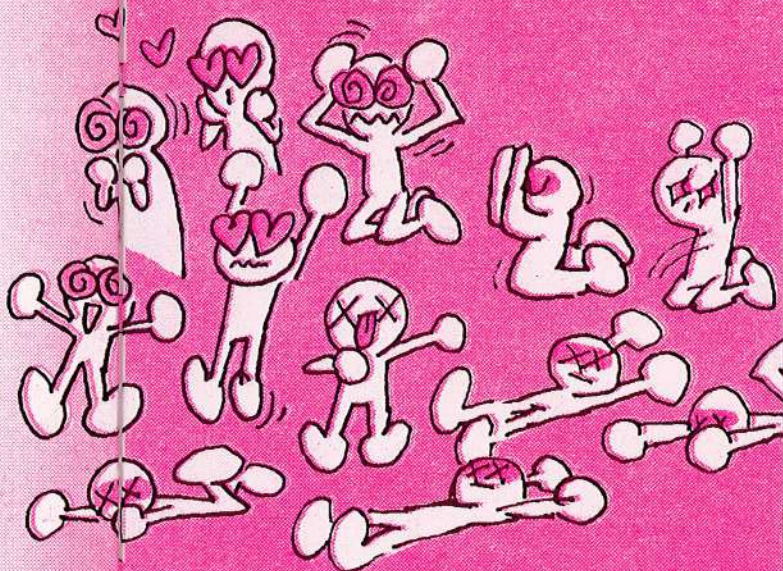
What do you think?  
What's in your head now?  
What's your answer?

Okay, let's come back.  
Just feel as though you're sitting on the chair we made. Why did we create this chair?



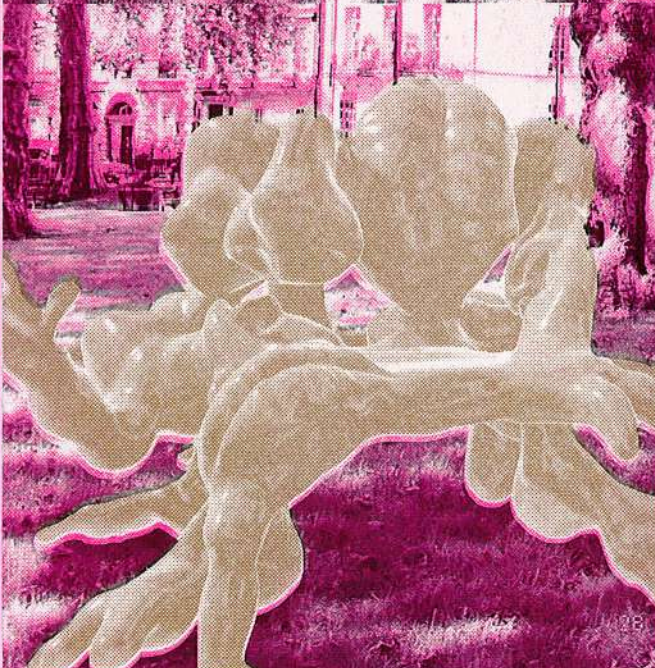
We question how the power works unequally on social media.

We criticise how "Body Positivity" has been used to promote toxic consumerism.



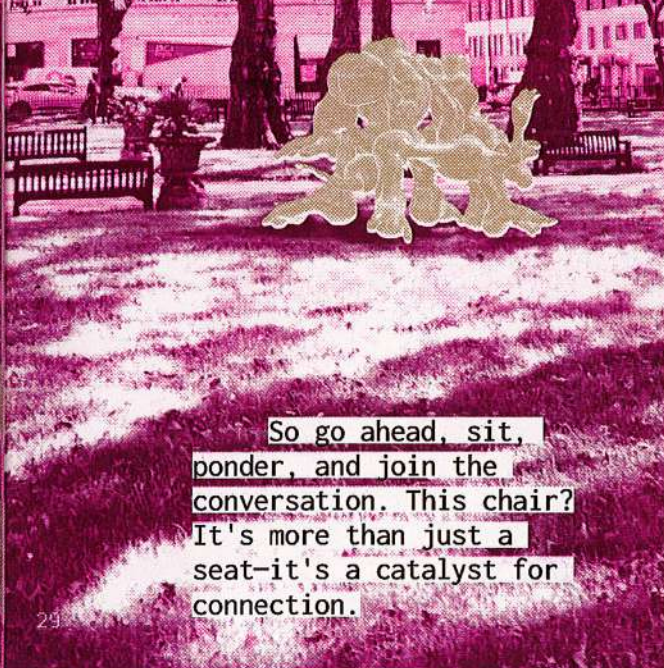
Why this chair,  
you wonder?

We craved to extend  
our design world into the  
tangible, so we created this  
communal seat in Berkeley  
Gardens.



It invites you to rest  
and engage.

But here's the twist:  
each sitter becomes a  
part of its whimsical,  
exaggerated design, stirring  
conversations and thoughts.  
It's a nod to the nonsense  
of our digital age,  
wrapped in functionality  
that invites spontaneous  
interactions.



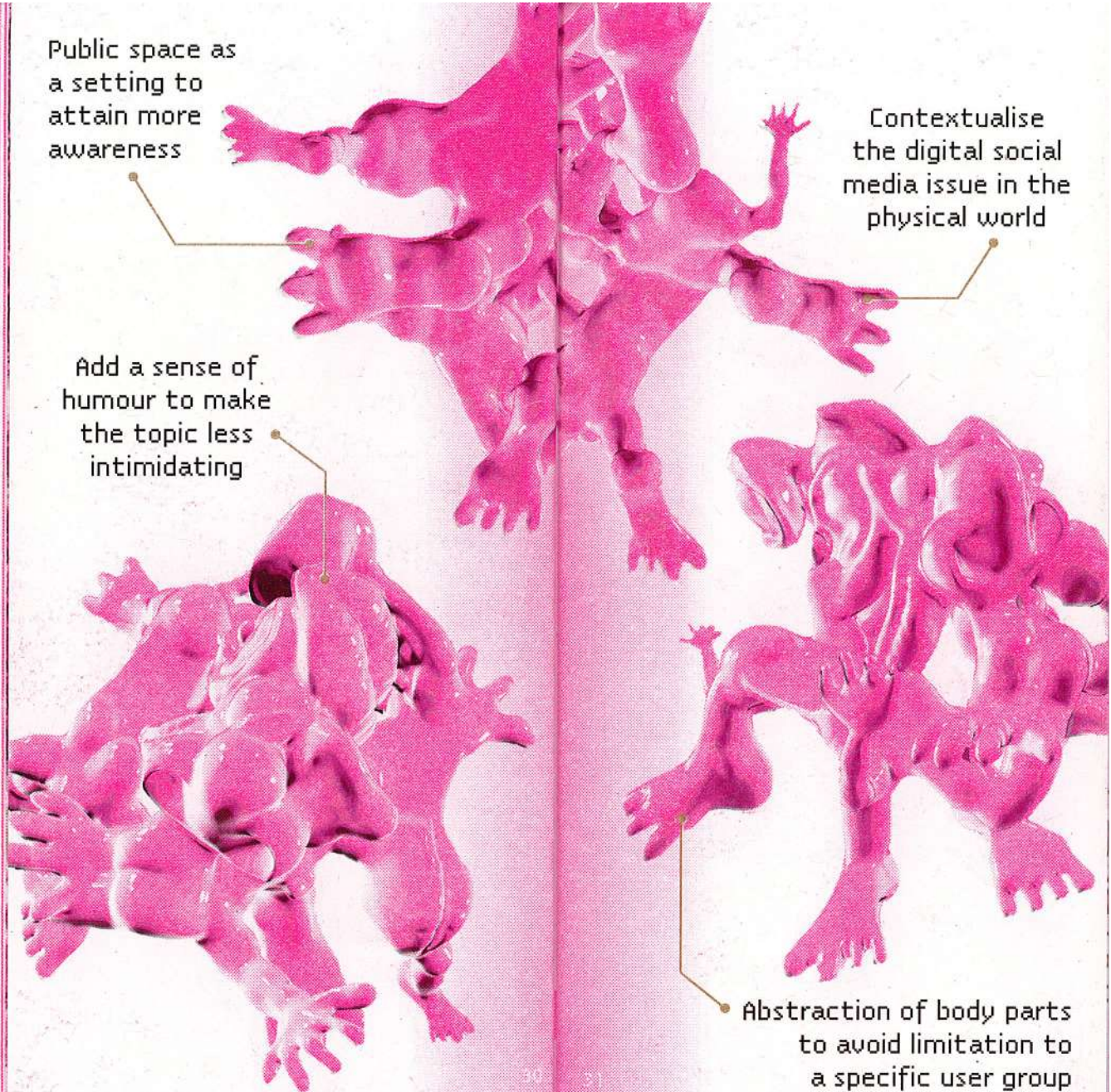
So go ahead, sit,  
ponder, and join the  
conversation. This chair?  
It's more than just a  
seat—it's a catalyst for  
connection.

Public space as  
a setting to  
attain more  
awareness

Contextualise  
the digital social  
media issue in the  
physical world

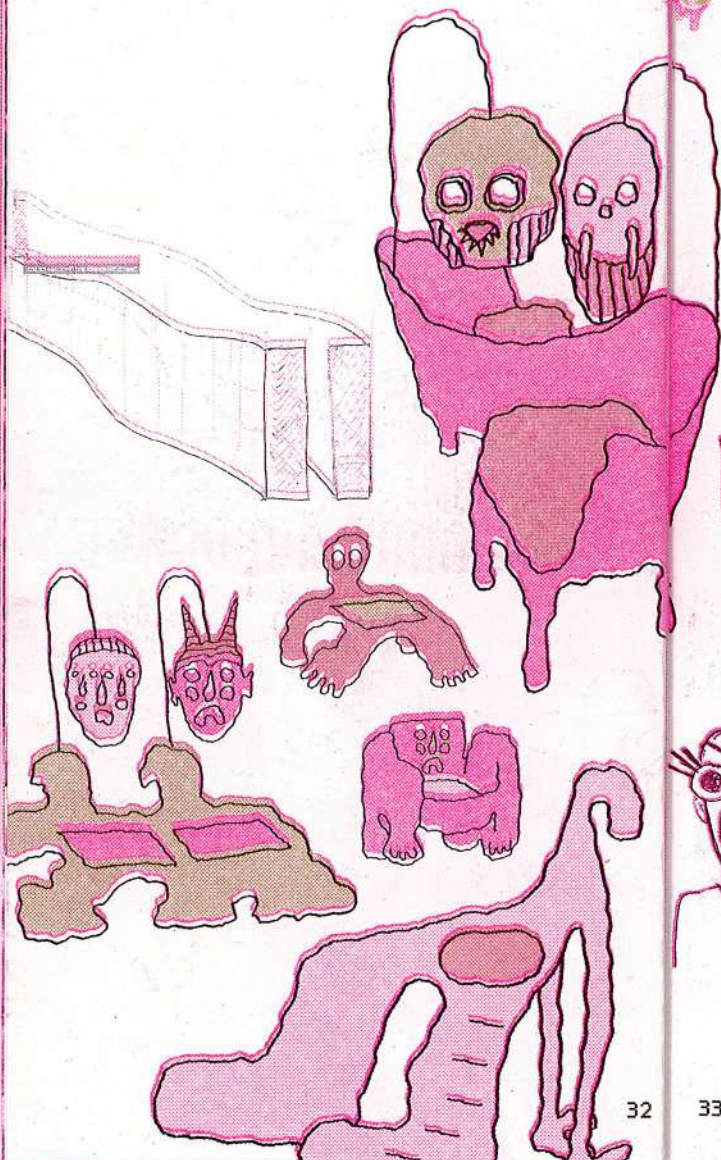
Add a sense of  
humour to make  
the topic less  
intimidating

Abstraction of body parts  
to avoid limitation to  
a specific user group

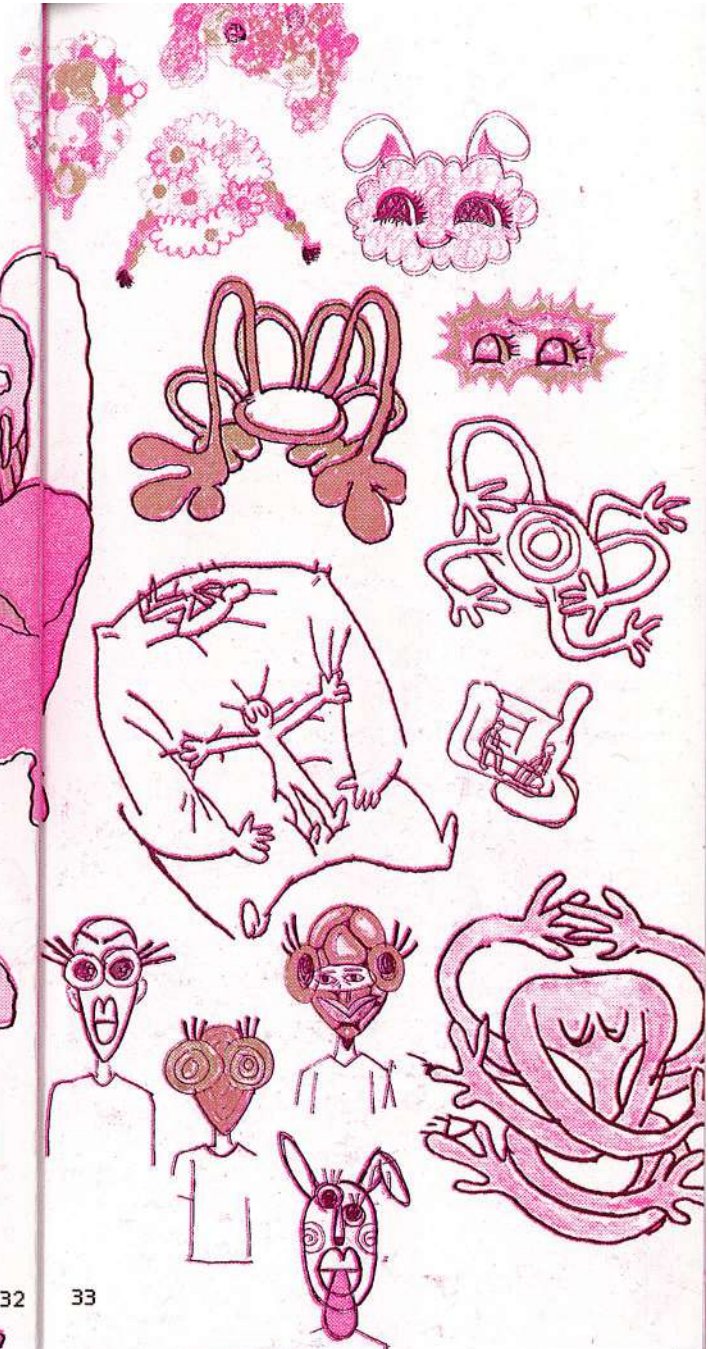




Our Initial Chair  
Sketches 0.0

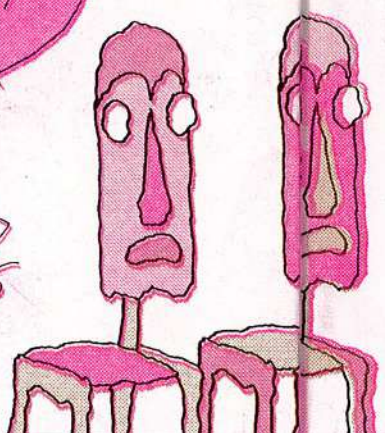
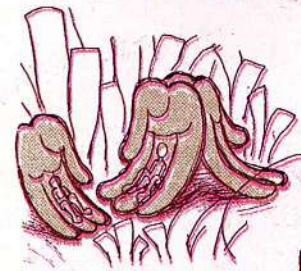
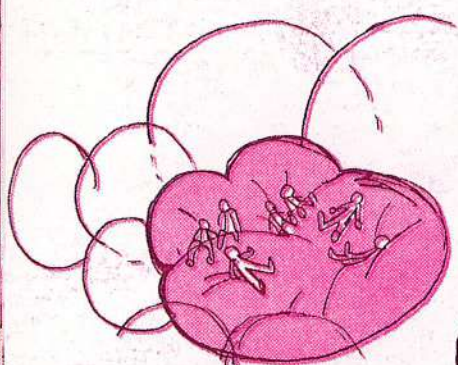
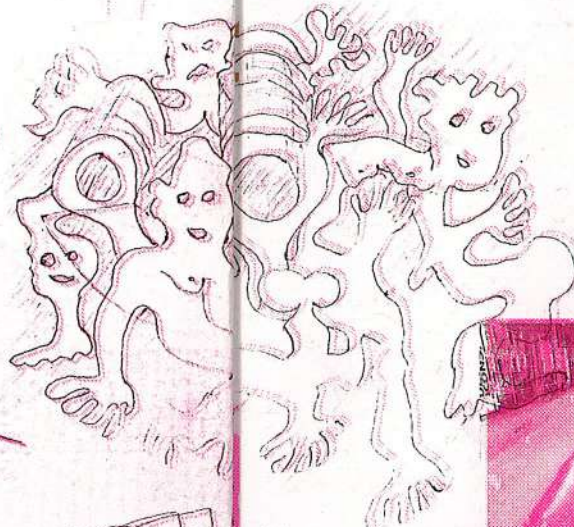
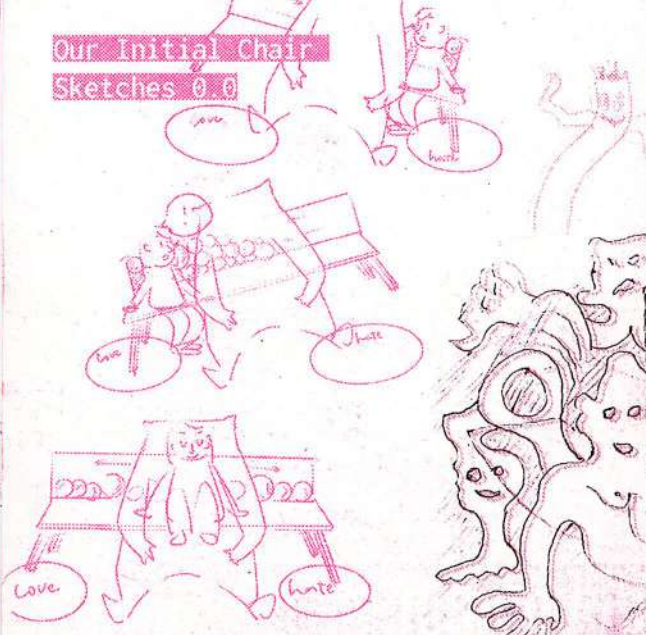


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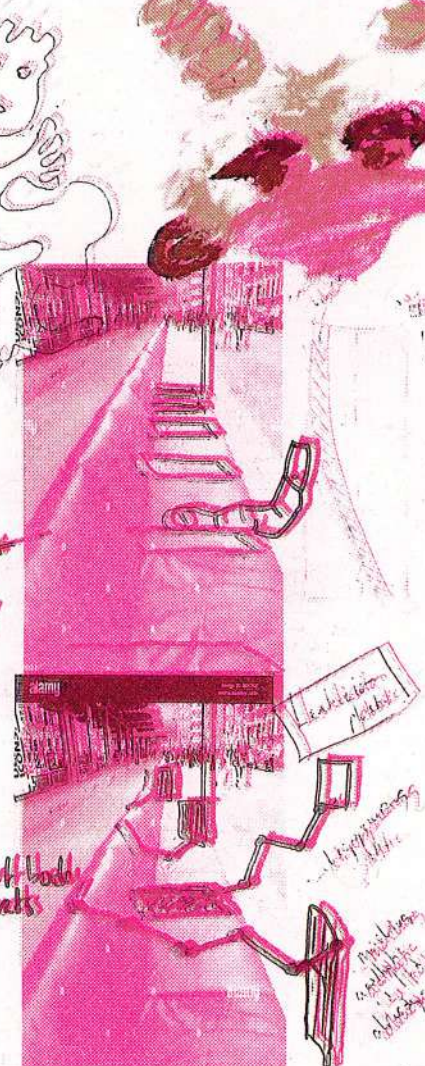
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Our Initial Chair  
Sketches 0.0



sketch  
a chair  
away  
one  
rest!

sketch  
different  
body  
parts



sketch  
chair  
parts

sketch  
chair  
parts

sketch  
chair  
parts



● Congratulations!  
You've reached the end of  
this guidebook, but our  
reflective ● journey is far  
from over!

Please use the ● ●  
sticker provided to mark the  
completion of your reading  
adventure.

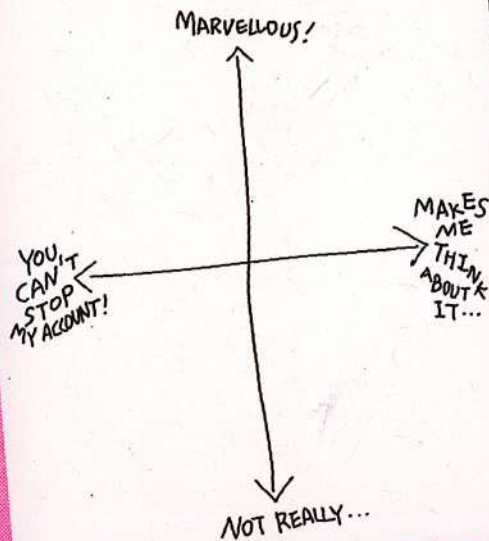


NB :



ROYAL COLLEGE OF ART  
This book is due for return

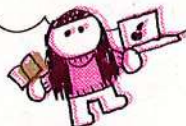
How's your journey  
with this guidebook?



**What We (the chair makers)  
think after this project...**

**Kay Oh - Visual Communication:**

Personally detoxed from influencers quite a long time ago but they're still all over my IG feed. Hope people remind not to be the audiences of this horrible play.



**Tian Qin - Service**

**Design:** Every day feels like a new episode of body image stress on social media! While we might not have all the answers, our zine offers a cozy spot to park those body image worries and ponder things over. Let's give ourselves a break from the endless scroll and take a moment to breathe!

**Mathijs Hunfeld - Contemporary**

**Art Practice:** Embracing the diversity of experiences around body image is key, but creating awareness can be challenging. We all know our personal goal doesn't just come out of the blue. So, let's celebrate uniqueness and support each other's journey.



**Lisa O'Sullivan - Fashion:** Would you judge this chair the way you judge a human? Would you tell it that its ugly? Or that its legs are too fat? Or its lips are too big? Or would you take a seat on it and enjoy its uniqueness?



**Yo Shuan - Animation:**

The distorted chair is an abstract reflection of the cruel reality on social media. Through the design, we hope to inspire people to redefine beauty and truly embrace who they are. There is no perfection when it comes to body images, everyone is one of a kind, and being yourself is good enough.

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**All Works Done By**

Kay Oh, Lisa O'Sullivan, Mathijs Hunfeld,  
Tian Qin, Yo Shuan from AcrossRCA Justice11

**Visual Research**

All of us

**(Most of) Textual Research**

Tian Qin

**Photo Collage**

Lisa O'Sullivan

**3D Chair Design**

Lisa O'Sullivan, Mathijs Hunfeld

**(Most of) Illustration**

Kay Oh, Yo Shuan

**Book Editorial Design**

Kay Oh

**Printing And Binding**

Royal College of Art facilities

**Typefaces**

Inconsolata, Fedra Eleven, Jubilat



**First published in London, 2024**

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