

# Consumption

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As an important contribution to our society, consumption of media is constantly around us no matter where we turn. How does this consumption effect the way we see ourselves and our own worth?

*Consumption* is an interactive VR design that uses the idea of media consumption to portray the negative impacts of diet culture on society. Diet culture, in comparison to what is known as health and wellness culture, is known for it's aggression on the everyday person. Every person is placed on different pedestals of this culture whether they agree to it or not and fixates on the portrayal of their worth through their outward sizing.

This work is about encapsulating the overwhelming dread and fear gathered from other's perception of themselves projected onto them with the usage of passing comments read aloud and through heavy visuals. While making the landscape simplistic it removes distractions that could curve the imagery and voices passing over and into one's headspace. We are allowed nothing more than the projection from others onto ourselves through typography and audio with the addition of color where it is most dreaded.

How does the constant bombardment of diet talk and culture effect the way we are able to carry ourselves through life and how does it distort our vision in the long run? Are we constantly trying to reassure ourselves that we are better than others because of our sizing or are we trying to run away from the ideals that reach beyond societal standards? In the design of *Consumption* the audience no longer has a decision on what they choose to see and hear. Instead the audience is only able to feel the burning sensation of awareness that constantly surrounds their own body from an outsiders perspective.

*Consumption* allows for a new perspective that reaches beyond the portrayal of diet culture that realies on the idea of "health". In itself, diet culture is a constraint on the standard of beauty and forces people to only view the world with skinny lenses.

By forcing the viewers to hear and see what it constantly strained onto those who are more than a size 10, it puts into perspective of how damaging this culture can be and how it was never about health to begin with.

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Photo of in-play screen that shows scenery and a peek at the environment that consumes the player.