



## **NADA**

*Written by students from Outwood Academy Hindley and Speak Up Rep:  
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In a world obsessed with filters and likes,  
We scroll through screens comparing our lives.  
“They’re so perfect, I wish I looked like that”  
Each click, each tap, another blow to our pride,  
As we measure our worth by the standards outside.  
“I wish I was prettier”  
“I wish I was more flexible”  
“I wish my stims weren’t as noticeable”  
“I wish I was thinner”  
“I wish I could eat more”  
“I wish I was taller”  
“I wish there was a part of me I could be honest with”  
“I wish I didn’t look like this”  
“I wish I wasn’t blonde”

We twist and turn, trying to fit the mold,  
But the truth is, our worth can’t be bought or sold.  
We are more than the images on our screens,  
More than the numbers defining our dreams.  
In the mirror we see flaws and imperfections,  
But those are the marks of our unique reflections.  
We’re not meant to be copies stamped out in a line,  
But vibrant originals, each one divine.  
So let’s strip away the doubt and fear,  
And let our true selves boldly appear.

No more hiding behind masks and disguise,  
It's time to embrace with open eyes.  
No need for filters or Photoshop lies,  
We're beautiful unfiltered, just as we rise.  
Let's celebrate every curve, every scar,  
For they're the part of the story that makes us who we are.  
So let's dance to the rhythm of our own beat.  
So let's dance to the rhythm of our own beat.  
So let's dance to the rhythm of our own beat.  
And stand tall in our truth, unapologetically unique.  
In the end, it's not the outside that defines,  
But the beauty within that truly shines.

*"Nothing is perfect" Nada was a short animated film that celebrates the beauty of imperfection. A message of self-acceptance, reminding us that true beauty lies in authenticity.*

*The film was shown as part of the Speak Up takeover at The Lowry in June 2024.*

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