

## **ABSTRACT**

*Body shaming is abusive behavior that denigrates and gives negative comments about person body. Body shaming behavior can make the victim feel insecure, not feel comfortable with his own body, and can even cause eating disorders. Victims of body shaming tend to have a negative body image. The thought that body shaming is trivial and reasonable makes the victim feel ashamed and have difficulty dealing with body shaming because it is considered excessive. An understanding of self-acceptance is important in overcoming body shaming. This research was conducted using qualitative methods with data collection methods namely literature study and interviews. The analytical method to be used is matrix analysis. With this research, the writer offers a solution in the form of designing an educational book about self-acceptance under the title *Body Journal: Get to know your body* which is expected to help victims overcome body shaming, receive their bodies and improve self-confidence, and mental and physical health of victims body shaming.*

*Keyword : Book, Illustration, Educational Media, Graphic Design, Body shaming.*