

NAKED AS

No Body's Perfect

Sunday 13 March – Saturday 19 March



Dare to bare...

Following the breakout success of 2HIGH and 2SEXY, ABC2 in collaboration with triple j, will spend a week undressing our national obsession with the body.

With factual programming from Australia and around the world, covering topics from body building, to steroid use, to labiaplasty, to eating disorders and body dysmorphia, we'll examine why our shape is so tied to our happiness, and what social media and the explosion of the selfie is doing to our self confidence. Across the triple j network discussions will get under the skin of what's driving our fixation.

At the heart of the week will be *HACK LIVE on Body Obsession* where Tom Tilley, host of triple j's Hack, explores the depths and dangers of body paranoia in a live TV event. Are we too obsessed or not obsessed enough?

What does an honest conversation about body obsession look like? It's time to find out.

#NakedAs

HACK LIVE

ON BODY OBSESSION

TUESDAY MARCH 15, 9.35PM ABC2

WORLD PREMIERE

Australians are image obsessed. Whether it's sharing an Instagram about their latest exercise feat or spending countless hours at the gym, many young Australians are working towards the perfect body. For many that's positive but for some it goes too far. It takes over their life and endangers the very body they're honing to perfection. This can lead to eating disorders and steroid abuse. On the flipside, Australians are among the fattest people on Earth with seven out of ten males either overweight or obese and women not far behind. How does body obsession affect a nation that is increasingly either too buff or too big? triple j's Hack host Tom Tilley moderates a live television event and social media experience to find out whether Australians are too obsessed with their bodies.

#HackLive



LOUIS THEROUX: UNDER THE KNIFE

SUNDAY MARCH 13, 8.30PM ABC2

Louis Theroux reveals the startling reality of a sweeping obsession with vanity - plastic surgery. Can larger breasts or tighter abs really make a person happier?

HEAD FIRST: TAILOR MADE BODIES

SUNDAY MARCH 13, 9.30PM ABC2

Sabour Bradley dives in *Head First*, with unparalleled access to the controversial world of anti-aging clinics and steroid vacations, putting his own body, and ethics, on the line.

#HeadFirst

DYING FOR CLEAR SKIN

SUNDAY MARCH 13, 11.20PM ABC2

85% of young people get spots but for some, bad skin can take over their lives. Gemma Cairney looks at how acne impacts on young people in the UK.



DESPERATELY HUNGRY HOUSEWIVES

MONDAY MARCH 14, 8.40PM ABC2

Often considered an issue only for teenagers, we take a look at what goes on behind closed doors for four older women who struggle with anorexia and/or bulimia on a daily basis.

#DesperatelyHungryHousewives

MY SELF HARM NIGHTMARE

MONDAY MARCH 14, 9.30PM ABC2

AUSTRALIAN PREMIERE

Highlighting the soaring rates of eating disorders and self harm among young people, this film explores the internet... where they go to share their secrets. Thousands of blogs and websites have emerged which encourage users to compete in weight loss and glorify self harm.

They include images of emaciated bodies alongside tips on how to make yourself vomit and hide scars. In this intense, intimate and revealing film we hear from teenagers who've been sucked into this chilling online world. Through insightful and unflinching testimonies we hear how they became trapped in a cycle of self-hatred and self-punishment, doing unimaginable damage to their bodies. Some are taking the painful steps to recovery. Others are still compulsively logging-on. We also hear from the family of 13-year-old girl who killed herself after becoming involved with pro-self harm websites.

#MySelfHarmNightmare



GOK'S TEENS: THE NAKED TRUTH

(3-PART SERIES)

**MONDAY MARCH 14, 10.20PM, TUESDAY MARCH 15, 10.35PM
& WEDNESDAY MARCH 16, 10.50pm ABC2**

87% of teenage girls and 80% of teenage boys are unhappy with their appearance. A third want to lose weight and a quarter have considered plastic surgery. Britain's teenagers are undergoing a crisis in body confidence. If were to stop them passing on their unhappiness and anxiety to their kids, something needs to be done now. With his 45,000-signature petition to put body-confidence lessons on the National Curriculum, Gok Wan has already demonstrated he can galvanise the nation to support helping our teens achieve a healthy self-image. Now, Goks going to put his campaign into action with young people across Britain. In each of three episodes, he'll meet a different group of teenagers for whom body-confidence is an especially urgent issue. Using techniques perfected in *How To Look Good Naked*, Gok will tackle these issues head on to turn these contributors from self-loathing adolescents into self-assured, empowered young adults. **#GoksTeens**

THE VAGINA DIARIES

TUESDAY MARCH 15, 9.00PM ABC2

Presenter Nat Harris cracks the vagina taboo wide open to explore a procedure called labiaplasty. Find out what drives women to put the most intimate part of their bodies under the knife.

#TheVaginaDiaries



HACK LIVE ON BODY OBSESSION

TUESDAY MARCH 15, 9.35PM ABC2

WORLD PREMIERE

Tom Tilley hosts a panel that will discuss whether Australians are too obsessed with their bodies. Australians are image obsessed. Whether it's sharing an Instagram about their latest exercise feat or spending countless hours at the gym, many young Australians are working towards the perfect body. For many that's positive but for some it goes too far. It takes over their life and endangers the very body they're honing to perfection. This can lead to eating disorders and steroid abuse. On the flipside, Australians are among the fattest people on Earth with seven out of ten males either overweight or obese and women not far behind. How does body obsession affect a nation that is increasingly either too buff or too big? **#HackLive**

GLAMOUR MODEL MUM AND ME

WEDNESDAY MARCH 16, 8.30PM ABC2

This program digs beneath the sensationalist tabloid headlines into the extraordinary relationship between a daughter and her mother who has come to symbolise the shallow values of our looks-and-fame-obsessed times.

BODYSHOCKERS: NIPS, TUCKS, TATTOOS

WEDNESDAY MARCH 16, 9.30PM ABC2

AUSTRALIAN PREMIERE

Record numbers of us are getting inked, sliced & stretched to alter our appearances. From facial tattoos to sub dermal implants & piercings, people are finding more outlandish ways to make their faces & bodies stand out.

#Bodyshockers



TATTOO DISASTERS UK

WEDNESDAY MARCH 16, 10.20PM ABC2

AUSTRALIAN PREMIERE

Tattoos can be works of art. But what happens when you regret the ink job etched into your skin? Meet the people hoping to tackle their tattoo regrets.

#TattooDisasters

GLAMOUR MODEL MUM, BABY AND ME

THURSDAY MARCH 17, 8.30PM ABC2

Meet 16-year-old UK student Georgia. Her mum, topless model Alicia, is addicted to plastic surgery. Georgia wants to study for exams, but her mum's just announced she's pregnant. Will Georgia be left holding the baby?

PLUS SIZED WARS

THURSDAY MARCH 17, 9.30PM ABC2

AUSTRALIAN PREMIERE

The average size of women is on the increase. To cope with a boom in demand, the plus size fashion industry is going through the roof. As the women get bigger and bigger, specialist stores in the UK are opening new high street shops every week. But making clothes for 'fat women' isn't just about supersizing the styles that suits thinner women, these clothes have to be designed in a different way. Now 'fat fashion' is starting to hit the cat walk with a new generation of bloggers, big models and 'fat fashionistas' dictating the trends. But still the fashion worlds plus size models aren't large enough to really represent the larger ladies. To stay head of the trend, special store 'Yours' are flying over California sensation Tess Munster whom at size 24 is one of the biggest models ever and a real inspiration to many girls who are coming to realise you can be fat and fabulous. **#PlusSizedWars**



INSIDE THE BODY BEAUTIFUL

EP1: HOW COSMETIC SURGERY WORKS, FRIDAY MARCH 18, 8.35PM

EP2: HOW FAT WORKS, SATURDAY MARCH 19, 8.35PM

Travel inside the bodies of young Britons who are on a personal quest to transform their bodies. Exploring the science behind the most popular beauty and cosmetic treatments.

45 STONE VIRGIN

FRIDAY MARCH 18, 9.30PM ABC2

David Smith weighed nearly 300kg, eating himself to death and doctors predicted he wouldn't hit 30. Now having lost over 180kg he's fighting fit and looking for a girlfriend for the first time ever in his life.

#45StoneVirgin

MY BAGGY BODY

FRIDAY MARCH 18, 10.20PM ABC2

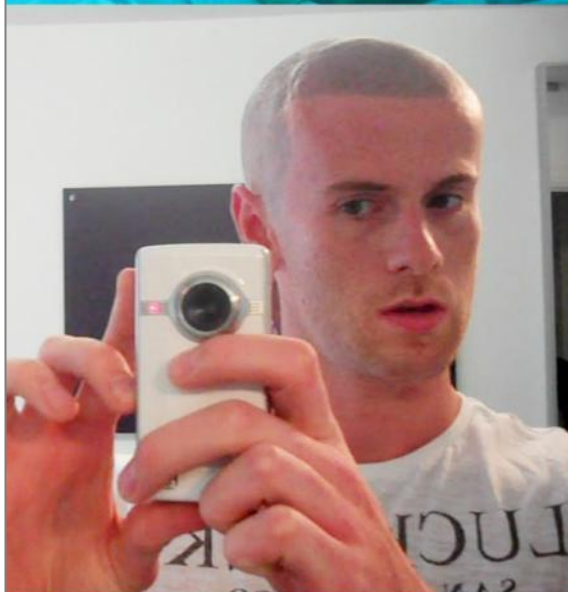
My Baggy Body follows three people as they decide how to deal with the excess skin they've been left with after extreme weight loss.

#MyBaggyBody

I WANT TO CHANGE MY BODY

SATURDAY MARCH 19, 9.35PM ABC2

Young Brits turn the cameras on themselves and get under the skin of body-obsessed Britain. #IWantToChangeMyBody





FOR MORE INFORMATION:

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Images are available from abc.net.au/tvpublicity