Dear, Middle School Valeria,

 Oh, my lovely Valeria, such a tender young soul who was often misguided by the Disney Channel shows and the “perfect” Nickelodeon child stars that one day I wanted to become. I was so ashamed of who I was that I wanted so badly to disappear and not want to be me. There was such a deep emotional cost that you’ve created for yourself by believing the beauty standards that society had imposed on you. From, the hormonal acne that appeared on your face to the hyper-pigmentation that you had; it was bad because you did everything I could to try and cover up your face with all kinds of products from the expensive M.A.C makeup which made your face look completely different than from what you originally looked. The emotional cost was that you tried to cover up your body and your face because you really hated what you saw in the mirror, and you so badly wanted to feel confident, but you just didn’t.

 What you ended up spending at the time was all the tight jeans to try and make your body look curvier because you were a thin girl size 2 at that and all the girls who were curvier in size seemed to be more confident and that was what was portrayed In the magazines and also in the Latina community in which case if you didn’t pass that benchmark then you were looked down upon from the other girls and you sadly used to get bullied for that. You spent money on Columbian-styled jeans to make the appearance of your butt look plumper, protein shakes, and protein bars, and in trying to get your weight up, little did you know it was super unhealthy for you to gain the amount that you did because you weren’t aware of the negative effect it would show up on your body. Financially it was expensive because the way that you had spent so much more money was worthless and not practical for you because it wasn’t sustainable.

 When you had gained all the extra weight it left you to become sleazy and lazier because little did you know since you had gained all the weight at the time it was difficult for you to get new clothes that you liked and health-wise would often get tired even running to catch the bus. Look, Valerie no matter what you see online and what you perceive to see on social media that is just a façade, and it isn’t real; you are unique in your own way. No need to go under the knife to “achieve” this false pretense of what you see in the media. You’re doing great just keep going and be you because everybody else is taken.

 Sincerely,

 Valerie Waldron

 (formerly, Valeria Checo Rodriguez)