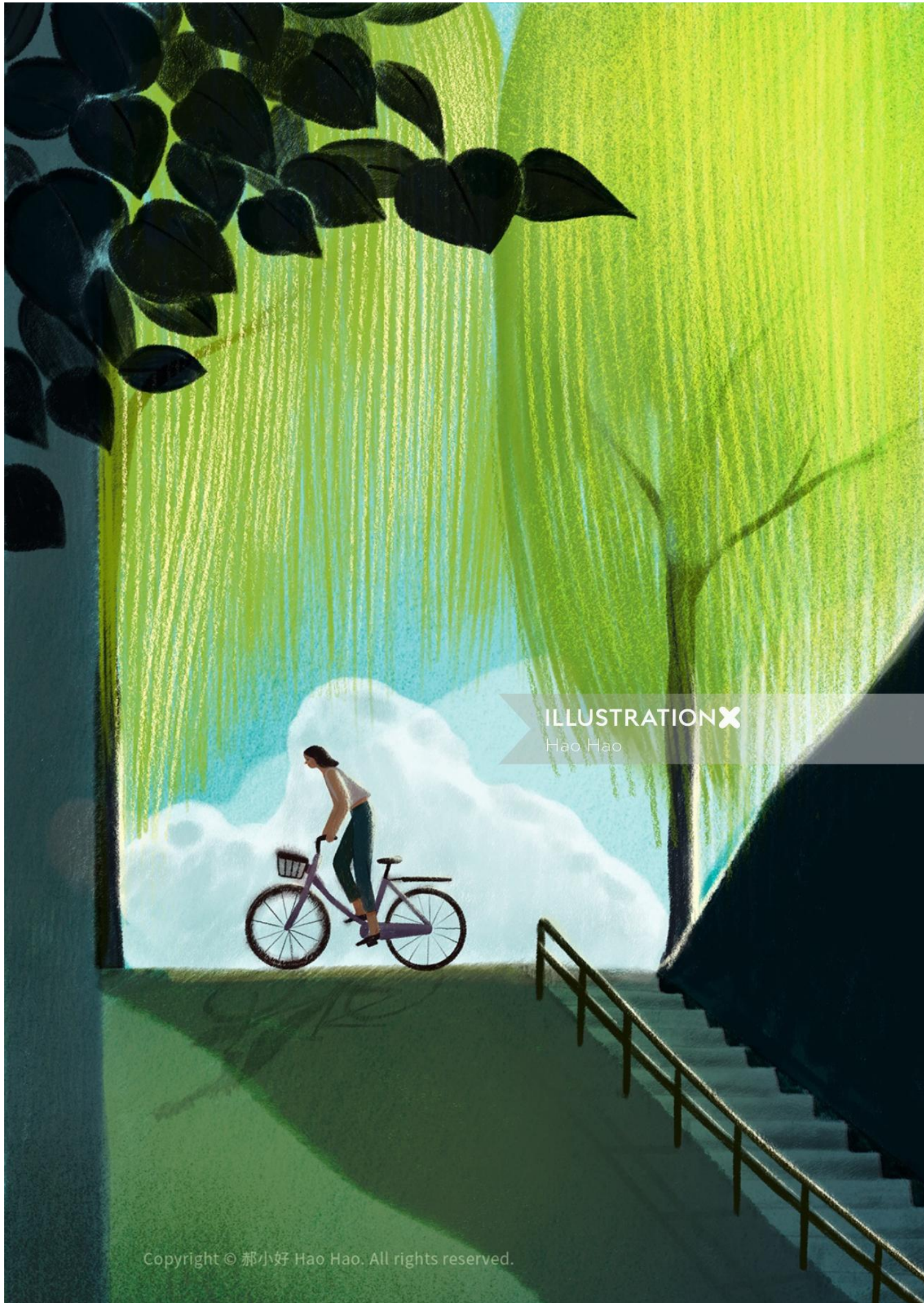


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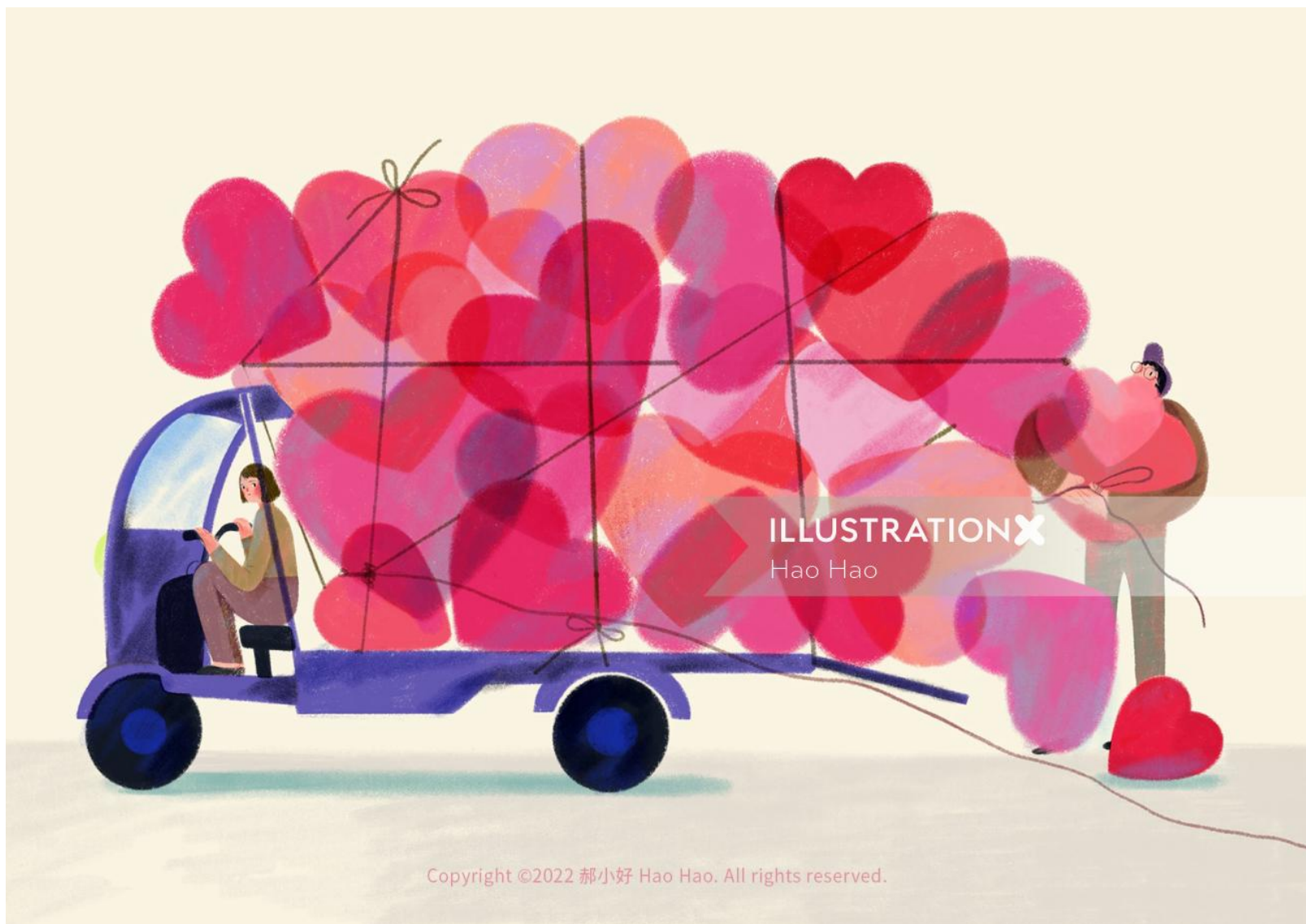
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Not Just a 'Guy Problem'

The truth about porn
and how it affects you

BY JESSIE MINASSIAN / ILLUSTRATIONS BY HAO HAO

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The first time Shea was introduced to pornography, she was too young to know what it was. Looking for tips to beat her favorite video game, she clicked the wrong link. At first, she was disgusted by what she saw. Then a natural, yet misguided, curiosity kept her clicking—for years.

Bethany adored her longtime boyfriend. When he suggested they watch a video to “spice up” their relationship, she reasoned they were going to get married someday, so what could it hurt? Eventually they broke up, but she couldn’t stop watching porn.

Lia felt like an outsider at school. When she stumbled onto a fantasy fan fiction group, she thought she had finally found her people. She dove headlong into every book and group they recommended. But soon the books and accompanying art became explicit.

With more than half of kids being exposed to porn by age 13, you might even have your own story. If you are one of those kids, you may feel troubled, guilty or confused, or you may have difficulty staying away from pornography use. Or perhaps you want to know how to avoid the battle of looking at porn altogether and become a trusted friend to someone who might be struggling. >



Ditch the scale.
That number doesn't tell you anything about how strong you are, how fast you run or how great you feel when you climb a flight of stairs.



Listen to your body. It will tell you when it needs to be nourished and when it doesn't need more food.



Eat foods that work with your body.
When you feel hungry, or you're planning your next meal, ask yourself:

- What will give me the most energy?
- Will this make me feel bloated or lethargic?
- Which snack will fill the gap if I'm going to eat soon?
- Will this fill me enough to make it through my workout?



Limit your exposure.
If you feel overwhelmed by diet discourse, avoid the magazine rack and stop clicking on diet posts in social media feeds.



Stop labeling foods as good and bad. You might crave hot, stringy pizza one day and a crisp, green salad the next. Indulging once in a while is perfectly acceptable.



Embrace body positivity. Make a list of the great things your body does for you and then practice thanking God for it. Guard against negative self-talk, and celebrate the things you like about yourself.



Build healthy friendships. Spend time with friends who are comfortable in their own skin. Encourage each other instead of focusing on flaws or exchanging diet tips. It's OK to tell people you're not comfortable with negative comments.

If You Struggle With Body Image

BY SHARI TALBOT / ILLUSTRATIONS BY HAO HAO

What if you resolved to break up with the diet culture? Instead of stressing about your body size, read these tips to get you started:

Being healthy is more important than being a certain body shape, so commit to taking care of the unique body God gave you. If you struggle with food and body image, reach out to your family doctor, a counselor or dietitian. She will work with you and your family to help you better appreciate and respect your body. [8](#)

Shari Talbot is a freelance writer in Ontario, Canada. When not focusing with her husband on small businesses, she enjoys music, the outdoors and traveling with her family. This article first appeared within "Breaking Up With Diet Culture" in the December 2020 issue of Brio magazine.

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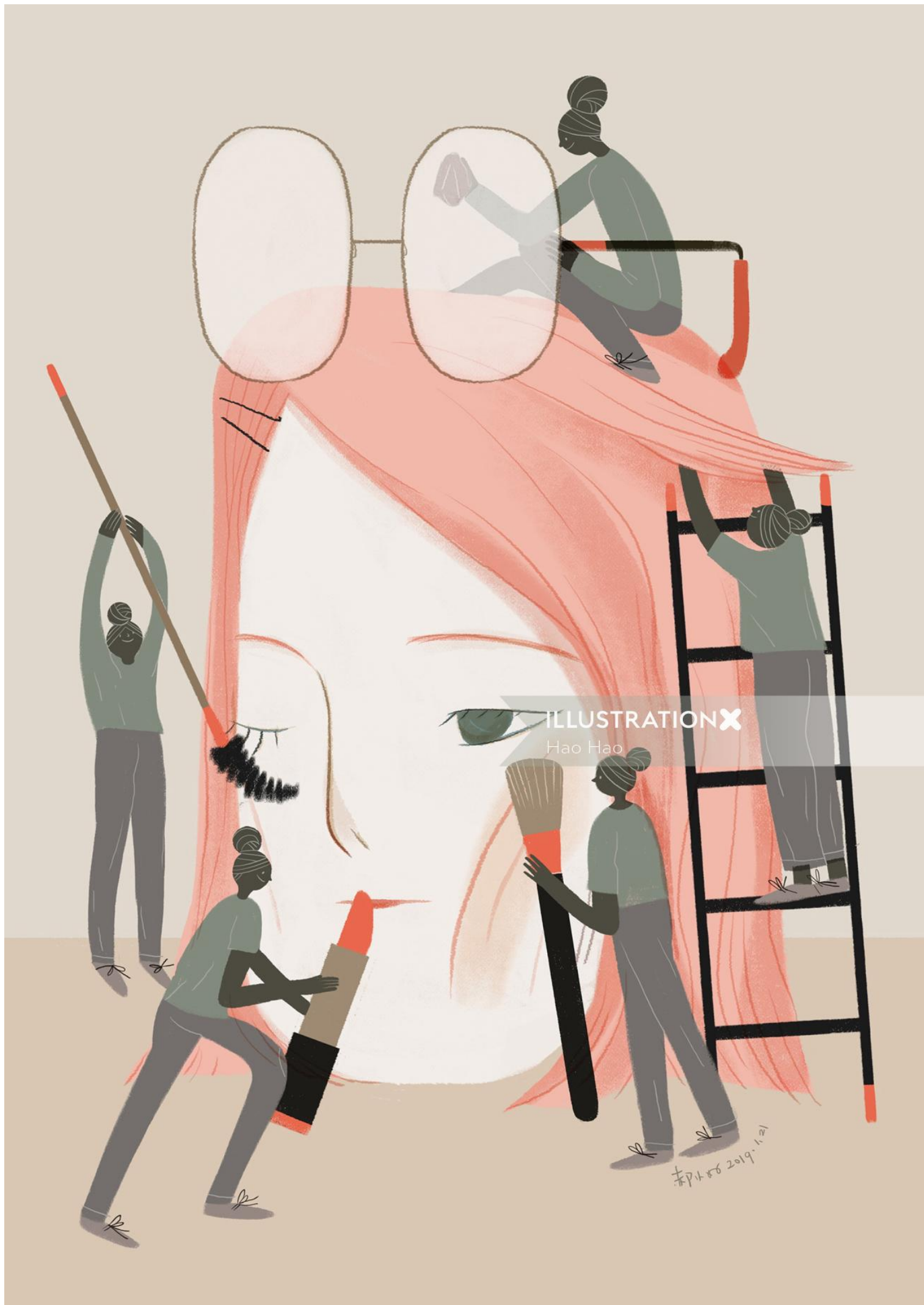
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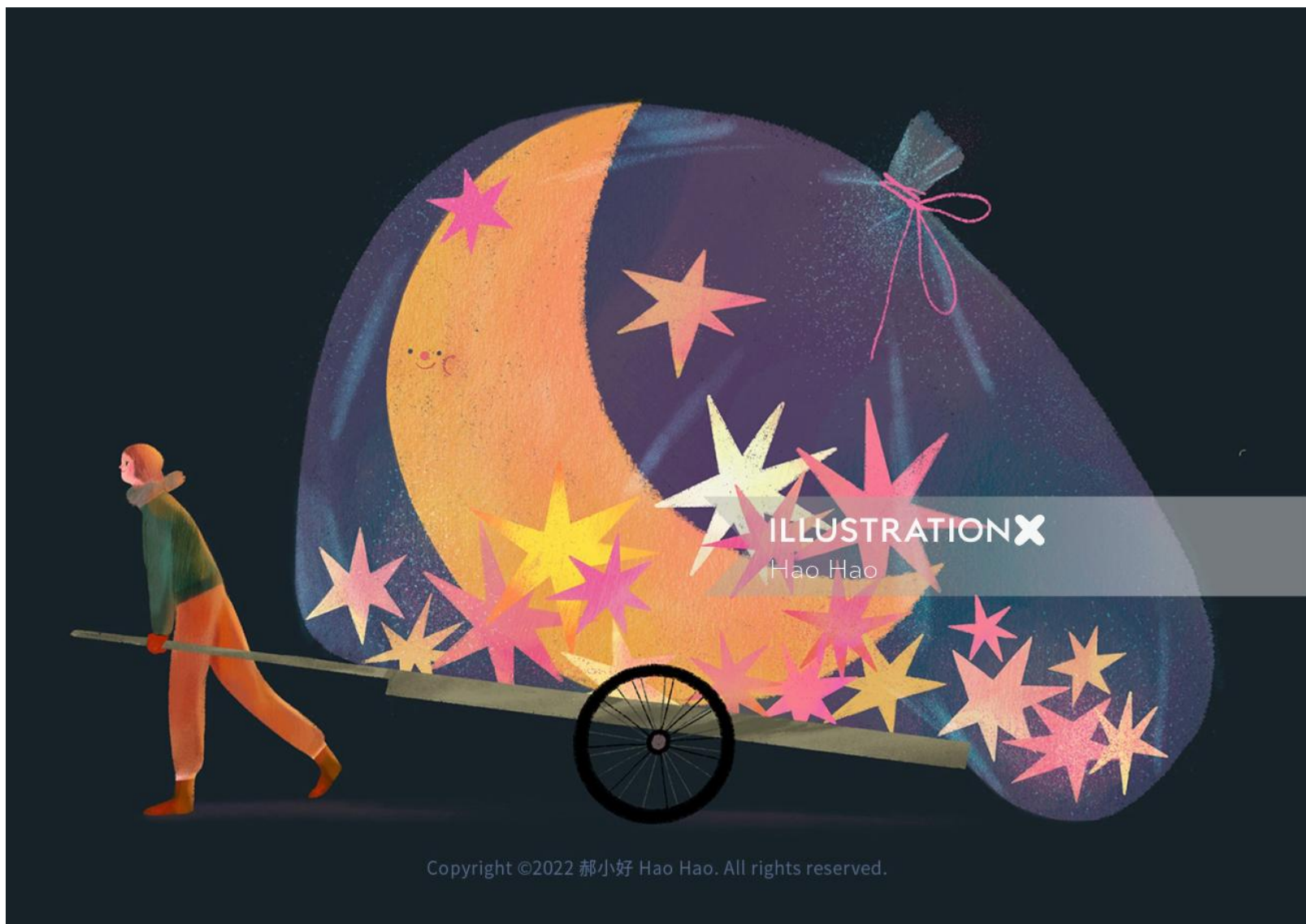
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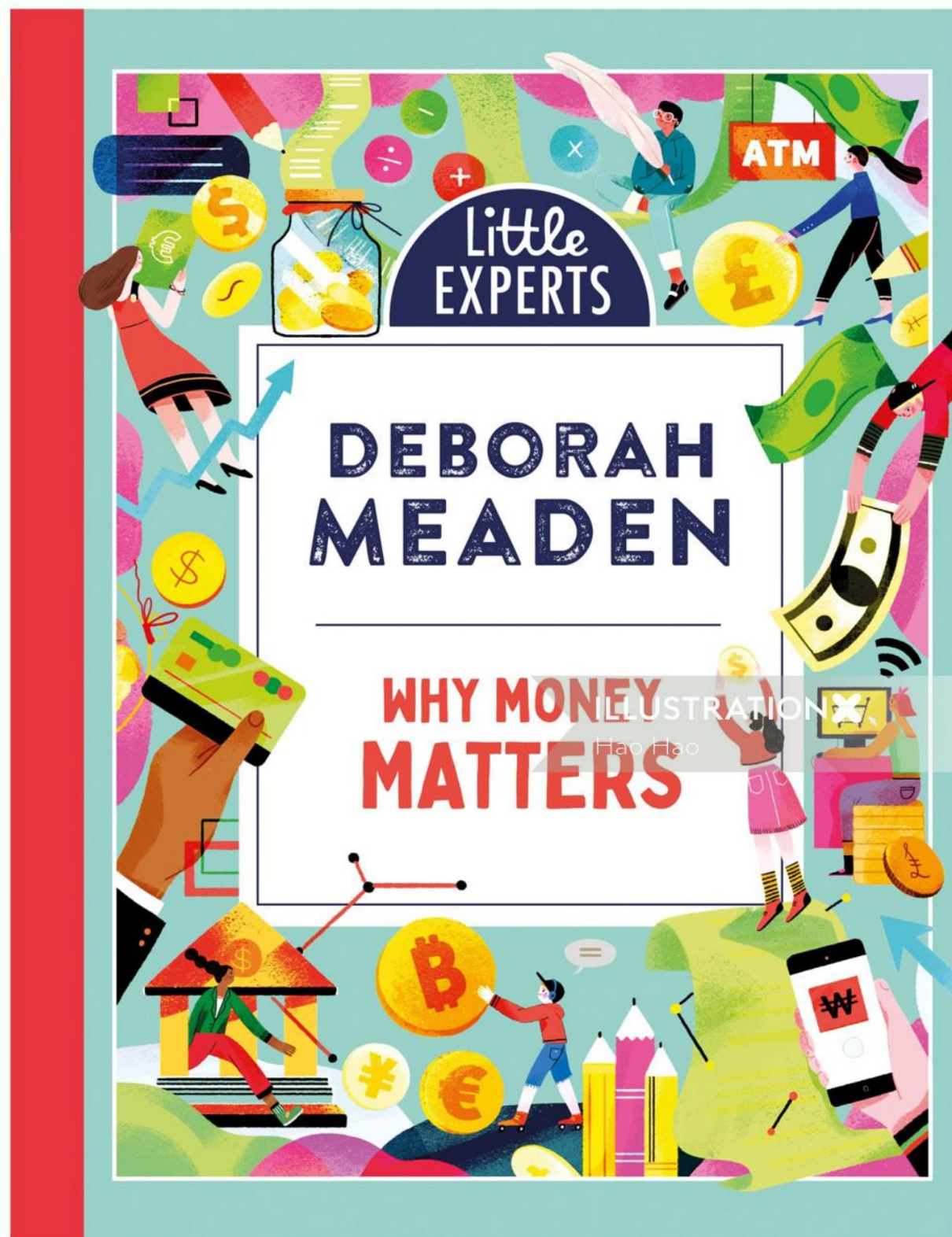
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Longing to Belong
Steps to connect when you feel left out

BY LAURA POTTOTTER / ILLUSTRATIONS BY HAO HAO

The school bus swayed as it turned into the high school parking lot. The vinyl seats were filled with members of the marching band. Across the aisle, I overheard my friends discussing their evening plans. I waited for someone to share the details and ask if I wanted to join them, but nobody did.

Of course, I could have asked about their plans, and they probably would've included me. But I didn't. And for some reason, I couldn't get past the sadness I felt because they

hadn't intentionally invited me. I went home, sat on my bed and asked myself, *Do I belong?*

Have you ever felt like you didn't belong? Maybe you discovered on social media that your friends were hanging out and didn't invite you. Or maybe you didn't feel like you connected with a group of friends who were chattering and laughing together. Perhaps you wondered, as I did that night, *Do I even belong?*

What is belonging?

Belonging is all about connecting with others and feeling safe and secure with them. Try to picture the people you're closest to—maybe your friends, family, youth group, sports team, drama club or bandmates. How do you feel when you're with them?

In high school, I felt closest to my family. We shared similar interests, and they made me feel safe, accepted, cared for and welcomed. I felt like they *wanted* to spend time with me. I felt like I belonged.

Transitions

Then I graduated college and moved to a new city. The people who knew me best were now 1,200 miles away. I was shifting away from my family and friends and needed to find connection and a sense of belonging in a new community. I started by getting to know people at my work and my church.

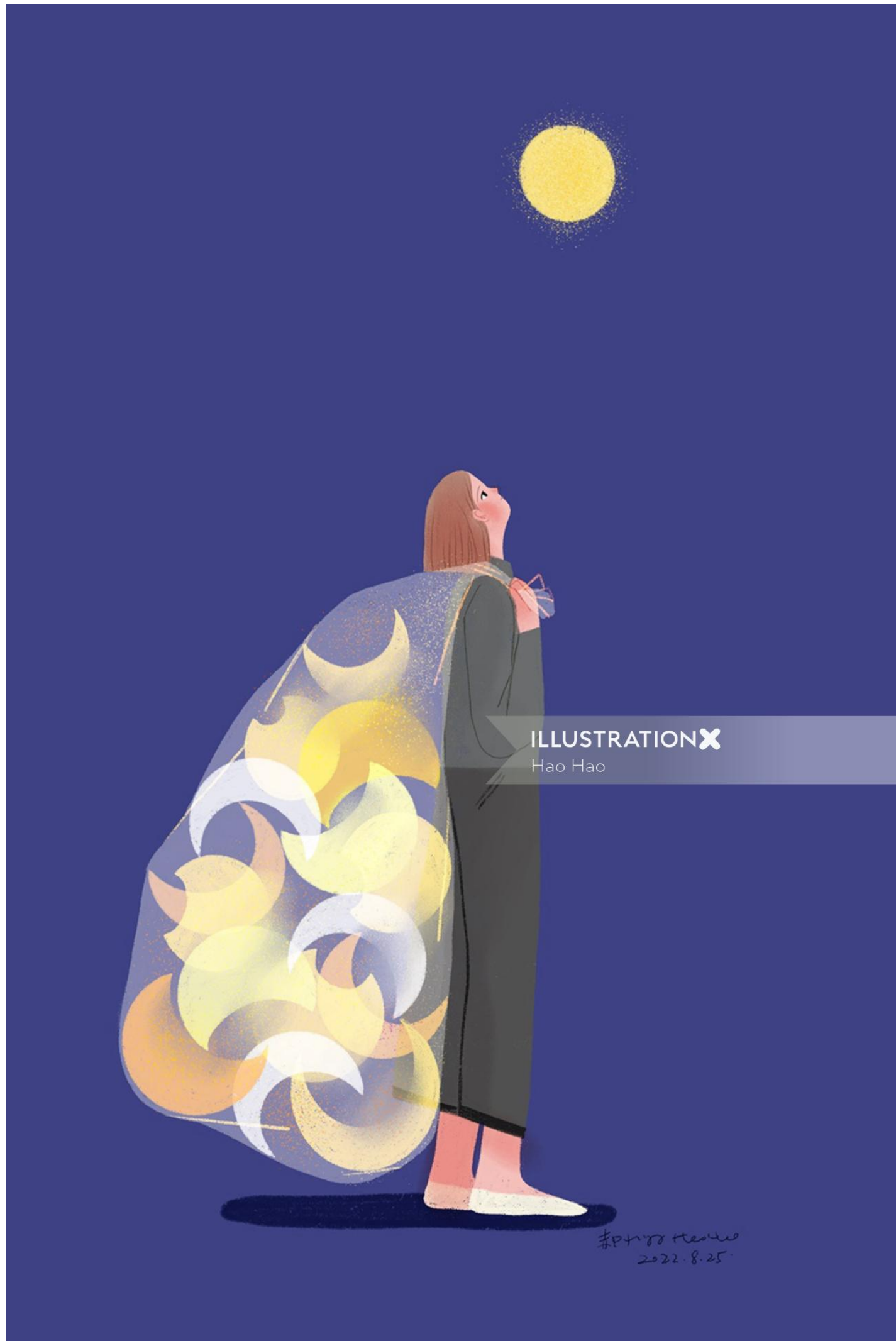
As a teen, you're in a time of transition, even if you're not moving to a new community. Focus on the Family counselor Kari Aho explains transitions this way: "You're between an identity you previously found with your family and a place of independence. Your sense of yourself within those relationships is really shifting and changing."

At this time in your life, you're in the process of stepping into who God has created you to be. You're discovering your own gifts, passions and goals—which is exciting. But these changes can also make you feel disconnected, unseen, anxious or lonely. When your thoughts start to spiral in this direction, it's important to find your anchor—and then your community. >

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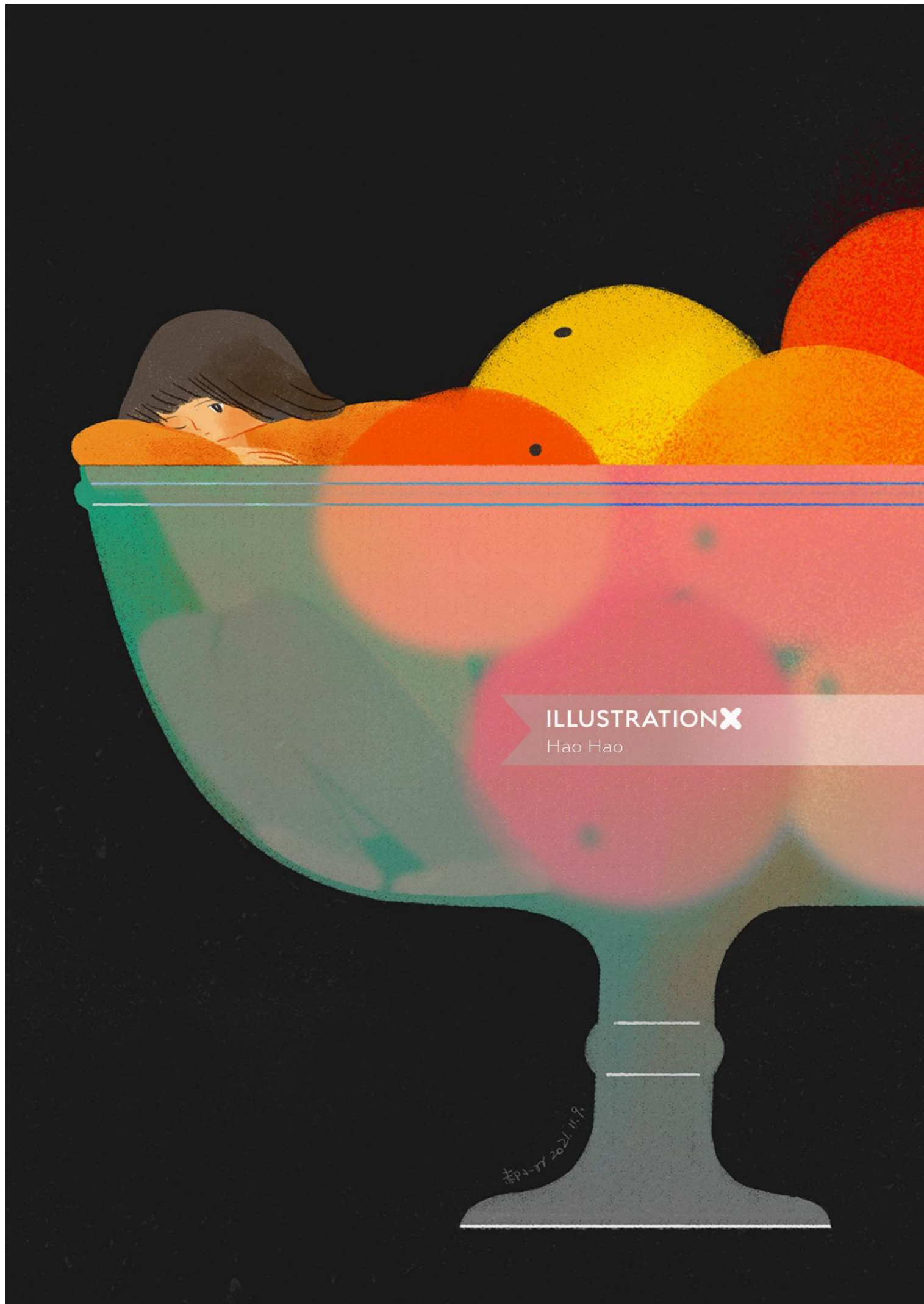
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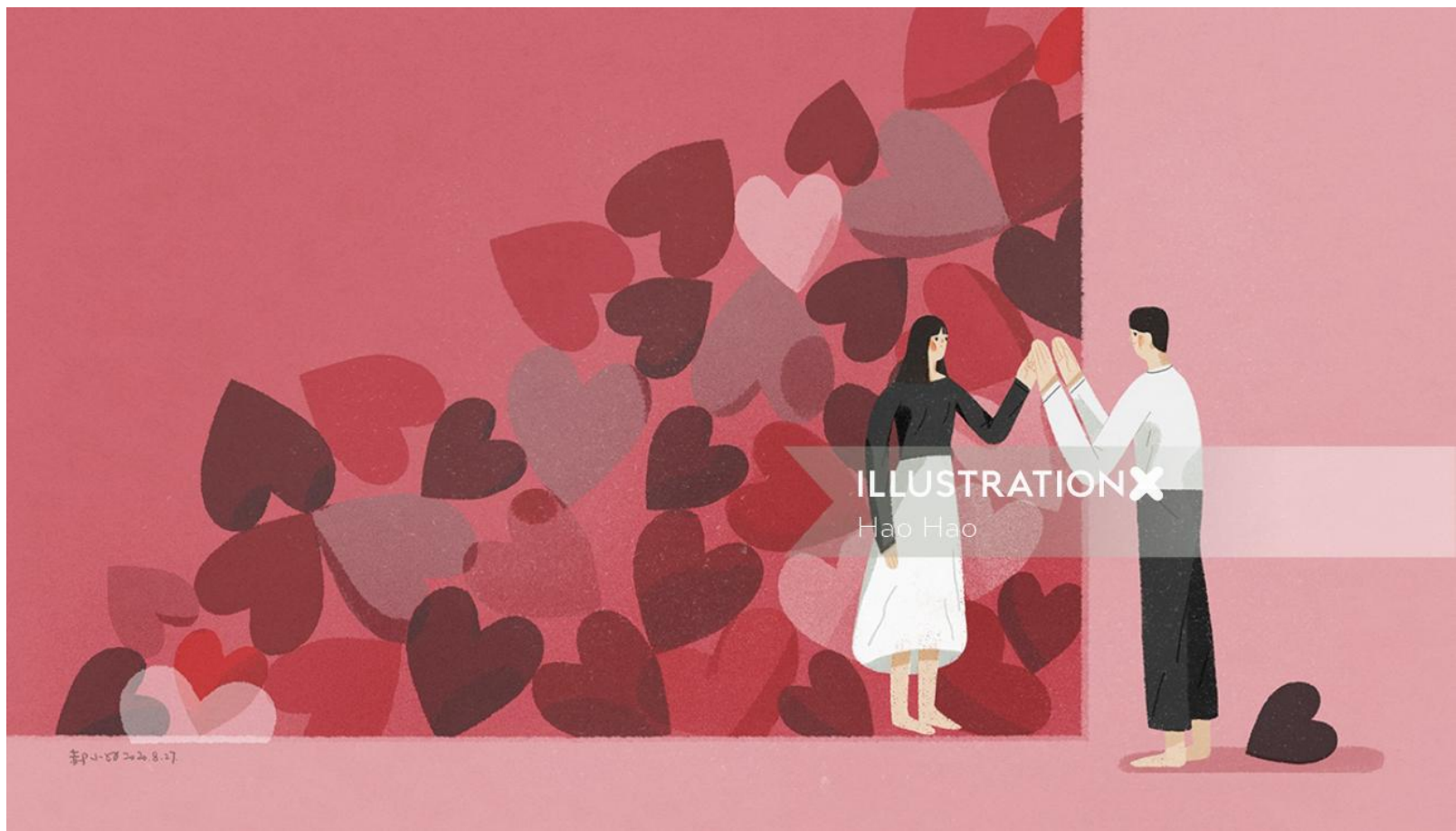
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How Far Is Too Far?

Why purity is more than just saving yourself for marriage

BY JESSIE MINASSIAN

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Rising like an otherworldly, monolithic fin in the center of Zion National Park, Angels Landing—a 1,488-foot-tall mountain formation known for its difficult and narrow hiking trail and steep drop-offs—attracts visitors from all over the world. I mean, with a name like Angels Landing, you'd expect it to be a place of awe-inspiring views. But you might not expect it to be the location where more than a dozen hikers have met their, well, downfall.

Interestingly, the hike itself isn't the most dangerous part. After all, most people who attempt it make it home just fine. The danger lies in that stunning view. Overconfident hikers inch to the edge, maybe for the

thrill or (more likely) an Insta-worthy photo. They believe they're capable of safely getting just a *little* closer. But then forces outside their control take over—a foothold gives way, or a stiff wind blows—and, *adios*.

I often think of that hike when I get questions from young women about sexual purity. Girls questioning, "How far is too far?" Or they're fighting guilt over compromises they never imagined. What I've learned, both from my own journey and from the stories of others, is that physical intimacy is a lot like Angels Landing: The view is amazing, you'll want a closer look, but that edge? Not exactly trustworthy.

To keep hikers from falling off Angels Landing, some have proposed installing a fence. Sounds logical. The problem with that solution? People can always find a work-around. As other national parks with breathtaking views have found, where there's a will to flirt with the edge, there's most certainly a way.

That's why it's so important to understand the difference between virginity and sexual purity. You might say abstinence (or saving the act of sex for marriage) is like a fence that can help keep you from a dangerous edge. But unless your goal is holistic sexual integrity, you'll always find a way to get just a *little bit closer* to the edge, which can possibly lead to that downfall.

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