Beauty i'snt Everything... Image is Powerful & Superficial

In our society image is everything, but the media portrays such a distorted view of what is actually real.

Ted Talk Distilling the Myths of Modelling

In this eye-opening Ted Talk presented by Cameron Russell, she fearlessly exposes the truth behind being a model, revealing that image is powerful, but is also superficial.

Cameron Russell exposes the truths behind being a model, revealing that image is powerful, but is also superficial.

With her honest twist in answering the common questions about modelling, and uncovering the perfected images we see in magazines, she opens a great discussion of how we perceive image.

Film – Looks Aren't Everything. Believe Me, I'm A Model – Cameron Russell

Resource Activities

Genetic Lottery Activity

This term was mentioned in the clip regarding the fact that Cameron being a model won a genetic lottery, catapulting her into a career as a model – it wasn't something she earned but something she was born with.

Everyone has unique and special traits. This short activity is designed to spot light the great characteristics that everyone has – their own unique winning genetic lottery traits.

The Genetic Lottery Tickets are on page 2.

Follow Up Questions

Questions to further explore some of the issues brought up in the clip.

Found on page 3.

YOU HAVE WON THE GENETIC LOTTERY!

What are some of the genetic lottery items you've been given (great qualities, looks, capabilities you were born with)? **Everyone has some!**

Personality Traits (e.g. thoughtful, kind, generous, funny):

Talents / Skills (e.g. cooking, playing soccer, dancing):

Looks (e.g. nice hair, pretty eyes, cute freckles):

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How do you think people perceive / classify / see you?

Is that really who you are?

How do you want them to see you?

How can you start living out your true identity (the real you)?

Do you sometimes judge others based on their appearance before even knowing them?

What trouble could this get you in? How would you like others to judge you based on looks alone?

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