

Deconstructing Media's Unrealistic Expectations

Over half of all teens (52%) feel that the media pressures them to change their body image.

.....

Helping Our Girls Not Fall Into Media's Trap

In her brave Ted Talk, Tracey Spicer literally deconstructs the image problem that women face.

Society's message = "you are valued for how you look, not what is in your heart or your head".

The average woman takes 3,276 hours over a lifetime in grooming (applying makeup, skincare, styling hair, picking clothes, etc). What a waste of time! There are so much better things we could be doing.

Tracey challenges us to not adhere to society and advertising's unreasonable and unrealistic image of how a woman should look.

This is an important message that our girls should see. We need to help them grow up knowing that they are acceptable and admirable just as they are. They do not need to be moulded into a constructed, perfectionistic image, but understand and celebrate their unique qualities. This is a challenge, but anything we can do to impart more value into their lives is crucial.

The Lady Stripped Bare | Tracey Spicer:

<http://www.youtube.com/watch?v=PENkzh0tWJs>

Resource Activities

Follow Up Questions / Discussions - page 2

Help girls further challenge society and the media's expectations with these follow up questions, that can be done individually / small groups, then discussed together or as a whole group discussion. These are a foundation for you to build on or pick and choose.

Mini Vision Cards - page 3

Help the girls gain perspective and think about their dreams, goals and favourite things to do. What would they rather be spending their time on? Impressing others or doing things they love that bring them joy, meaning, and satisfaction?

Value Cards - page 4

Again, helping girls gain perspective and think about what is really important to them, and what they value most. How could they use their time to invest into these things?

Deconstructing Media's Unrealistic Expectations

How can you see the media instructing us how we should look? (In magazines, tv, movies, billboards, songs etc – where else?)

Do you think these images and expectations are realistic and even good?

Tracey refers to a women's grooming as "her armour" to hide behind. Do you think you hide your real self behind make up, hair styles and clothing?

Are you letting your true, unique beauty and value shine through?

Is your grooming an armour? What do you think you may trying to protect yourself from? Is there a better way to do this?

Take note of the number of minutes your personal grooming eats up over a day, week and month. How much time do you think you spend?

Think about all the other things you could be doing. Write a list of what you would rather do?

Write a list of some of your dreams, goals, favourite activities. (On your Mini Vison Card).

What grooming activities do you think you could live without?

What are the most important things in your life or what do you value most? (On your Mini Values Card).

Are you spending most of your time doing these things or things that are not really bringing you value or satisfaction?

What could you do today that brings you joy and satisfaction?



Deconstructing Media's Unrealistic Expectations

How can you see the media instructing us how we should look? (In magazines, tv, movies, billboards, songs etc – where else?)

Do you think these images and expectations are realistic and even good?

Tracey refers to a women's grooming as "her armour" to hide behind. Do you think you hide your real self behind make up, hair styles and clothing?

Are you letting your true, unique beauty and value shine through?

Is your grooming an armour? What do you think you may trying to protect yourself from? Is there a better way to do this?

Take note of the number of minutes your personal grooming eats up over a day, week and month. How much time do you think you spend?

Think about all the other things you could be doing. Write a list of what you would rather do?

Write a list of some of your dreams, goals, favourite activities. (On your Mini Vison Card).

What grooming activities do you think you could live without?

What are the most important things in your life or what do you value most? (On your Mini Values Card).

Are you spending most of your time doing these things or things that are not really bringing you value or satisfaction?

What could you do today that brings you joy and satisfaction?



MINI VISION CARDS

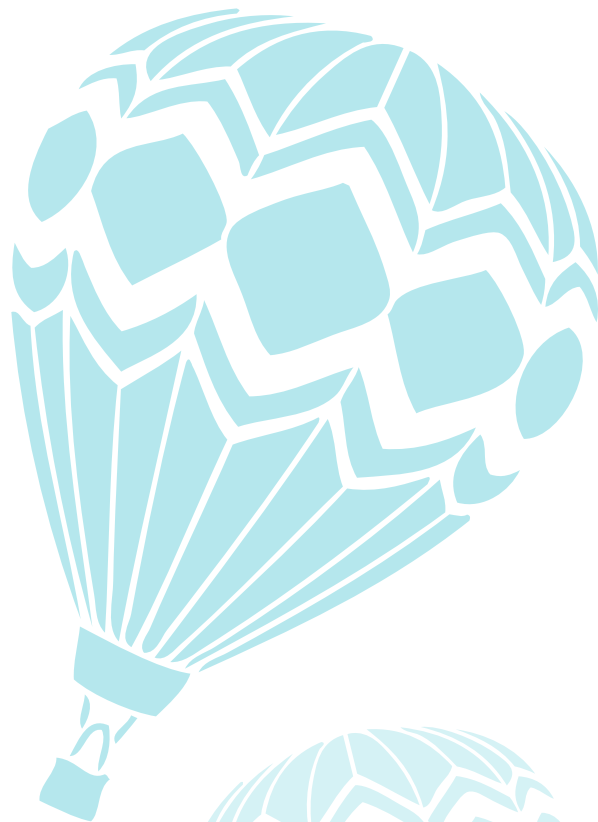
Gain Perspective – What do you want to spend your time doing?
Write a list of some of your dreams, goals, and favourite activities:



What can you do to achieve these things?

MINI VISION CARDS

Gain Perspective – What do you want to spend your time doing?
Write a list of some of your dreams, goals, and favourite activities:



What can you do to achieve these things?

MINI VISION CARDS

Gain Perspective – What do you want to spend your time doing?
Write a list of some of your dreams, goals, and favourite activities:



What can you do to achieve these things?

MINI VALUE CARDS

Gain Perspective – What do you want to focus on?
What do you want to put your energy into?

Write down the most important things in your life
and/or what you value most:

MINI VALUE CARDS

Gain Perspective – What do you want to focus on?
What do you want to put your energy into?

Write down the most important things in your life
and/or what you value most:

MINI VALUE CARDS

Gain Perspective – What do you want to focus on?
What do you want to put your energy into?

Write down the most important things in your life
and/or what you value most:

How could you spend more time focusing on these things? value most:

How could you spend more time focusing on these things? value most:

How could you spend more time focusing on these things? value most: