

# No Wonder Our Perception of Beauty is Distorted + Resources

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

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## Empowering Our Girls to See the Truth

Girls are growing up in a world full of fake and unrealistic images, where beauty is defined by what the media enforces.

"56% of teens feel that the media's advertisements are the main cause of low self-esteem."

These video resources help reveal the truth behind the seemingly perfect models, helping give girls a realistic insight into the distorted reality of the media.

In a world bombarded by images, let's empower our girls to see the truth.

Evolution – by Dove

<https://www.youtube.com/watch?v=iYhCn0jf46U>

Body Evolution – Model Before and After Photoshop

<https://www.youtube.com/watch?v=KeJbJSXjWfM>

Follow these videos up with some practical activities to help the girls overcome this delusion.

## Resource Activities

### Reality-Check

This activity encourages the girls to ask reality-checking questions to reveal the truth when looking at media's images.

Discuss these questions with the girls, try practicing with different media images.

You could also get the girls to create a postcard of the questions to constantly remind them of the need to reality-check, or simply print off and hand out the page we have created.

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More activities on following pages.

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## Resource Activities Cont.

### Activity: 'Perfect' Girl = 'Distorted' Girl

This activity helps the girls define and expose the distorted 'perfect' girl that the media forces us to try and become.

Discussions are included to help the girls further explore the difference between real beauty and fake, unrealistic images.

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### Activity: Become a Media Detective!

This activity gives the girls a practical opportunity to detect the unrealistic images in the media and identify why they are so damaging and how we can fight them.

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### Activity: A New Message.

This activity enables the girls to create a new message based on all the former activities and discussions. It will help the girls create a solid summary and reminder of these valuable lessons.

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## Reality-Check

We need to practice reality-checking the messages and expectations that drive media's messages of 'never good enough'.

To stop comparing our ordinary lives with manufactured images and ideas, we must learn how to reality check what we see (and hear).

### We need to ask ourselves these questions:

- Is what I'm seeing real? Do these images convey real life or fantasy / fake realities?
- Do these images promote real, healthy living and expectations, and does it encourage me?
- Or do they make me feel bad about myself or what I have?
- Who benefits from seeing these images and feeling bad about myself? What are these images trying to sell / gain / do? (e.g. its all about making money)
- What is reality? Say out loud 3 positive characteristics or qualities about yourself.



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## Activity: 'Perfect' Girl = 'Distorted' Girl

On a big piece of paper or white board, write the heading 'the media's perfect girl'.

As a group, come up with as many characteristics / features of what the 'perfect girl' that media tells us we should be. Be really specific, detailed, and with as many points as you can.

After the long list has been made. Cross off the heading 'perfect' and write 'distorted', explaining, no one can look like this. Also point out any contradictions (e.g. curvy body, flat stomach, long legs, small feet)

Discuss the qualities of natural and unique beauty vs fake, unrealistic and identical manufactured images.

Discuss what 'real' beauty means to them.

## Activity: Become a Media Detective!

Be switched on to the deceiving messages and distorted images / ideas of the media – FIND and EXPOSE false realities.

- Find an example of a distorted image / reality in the media.
- Write down why it is deceiving and distorted
- Write down the negative effects this distorted image could have on people
- Write down advice on how to fight the pressure and not give in to the media's messages.

You can get the girls to share their findings and responses.

## Activity: A New Message

Time for creativity! Using what the girls have learnt through the videos, reality-checking questions, and the activities and discussions above, get the girls to create a new message exposing the truth and giving advice and help to others.

They could create a:

- Magazine cover
- Poster / Billboard
- Advertisement
- Jingle / Rap
- Poem
- Newspaper Article
- Role Play
- Letter

Try and include:

- Information explaining why media's messages / images / ideas are false and how it can affect us.
- Advice on what we can do to not fall into it's trap.
- A helpful slogan or statement or catch-phrase.

Share with each other and even make copies to give to all the girls.