Picture Guidelines for Strong Beautiful Women

- Pictures must be of a woman or a group of women.
- Pictures do not have to include a woman's face (they can be her hands working, or a silhouette, etc.).
- Pictures can be taken indoors or outdoors.
 (Use your flash for both.)

Interview questions:

- 1. What is your definition of beauty?
- 2. What's the most important thing or person in your life?
- 3. What's one piece of advice you would give to girls?



How to Rule Our World! Strong Beautiful Women

Objectives:

- O To discuss the difference between media ideals of beauty and true inner beauty
- To encourage girls to identify the beautiful women in their lives

Time: 20 minutes

Directions:

Collect the disposable cameras from the previous week.

Ask the girls to review how beauty is defined in the media, as well as in their school and community. Record these definitions on newsprint.

Ask the girls to name the women they took pictures of, and why they chose these women. Ask them to write down the name(s) of these women and a few words or a sentence about why they admire them. Use the star cutouts to write down the names and reasons and post them around the room.

Facilitator Tip:

You can find out more about New Moon Magazine's Turn Beauty Inside Out campaign on-line at Mind On The Media: http://www.motm.org/.

Invite the girls to compare the women on the stars with the definitions of ideal beauty listed on the newsprint.

Discussion Questions:

- 1. What differences do you notice?
- 2. What are the similarities?
- 3. Do you have any other comments or thoughts?

Now ask the group to discuss the definition of beauty.

Are the women on the stars considered beautiful by our culture? Why or why not?

Share New Moon Magazine's "Turn Beauty Inside Out" definition of true beauty with the girls: "True beauty is good hearts, great works, and activism." Notice how the women we admire fit into this definition. They are women who make a difference, are courageous, care about others, and do good work. Turning beauty inside out is about recognizing and valuing that there is much more to us as girls and women than what the media tells us. It's about valuing and appreciating that in each other as well.

Tell the girls you will have the pictures developed for them by the next meeting.







Objectives:

To create a visual representation of true beauty

O To display this representation in a public space as a way to educate others

Time: One to two 40-50 minute sessions

Directions:

Return the developed pictures of beautiful women to the girls. Together discuss how to present the pictures and the women's words in a visually appealing way. Provide poster board and collage-making materials, and together create a representation of true beauty.

Brainstorm places and opportunities to display the collage, such as a school classroom or hallway, a local storefront or office, or a special event. Decide who will follow through and hang the collage.

Turning **beauty** inside out is about recognizing and valuing that there is much more to us as girls and women than what the media tells us. It's about **valuing** and **appreciating** that in each other as well.



It was weird to see how the media could influence us. I hadn't ever thought about t.v. and magazines that way before.



For our project on advertising our group wrote a letter to a fast food restaurant. The company had a really bad ad on t.v., so we wanted to do something about it. It felt good to be able to do something. I really liked that.