

justbeU

A MODERN CURRICULUM
FOR **TODAY'S GIRLS**

TABLE OF CONTENTS:

The Eye of the Beholder	4
The Eye of the Beholder Activity Sheet	6
Stronger than Media	7
Compliment Me	9
The 19th Amendment to the Constitution	13
Eating Done Right	17
The Story of My Life	21
I Am More Than an Image	23
I Am Activity Sheet.....	26
What Masks Do You Wear?	27
Masks Activity Sheet	29
Overcoming Fear	31
I Am More Than a Dreamer	33
Truth or Stereotype?	36
What You Should Know About Women Crossword Puzzle.....	39
The Art of Selfies	41
Words Can't Hurt ...Or Can They?	44
Thoughts and Words in Action	46
#LikeAGirl	48
Comfort Zone	50
My Comfort Zone Poem	52
Breaking Out Of My Comfort Zone.....	53
Photoshop: Photo-Chopping Our Way to Perfect	54
The Secret of Control: Why Cutting Hurts	57
Finding the Facts Scavenger Hunt.....	59
Did You Know? Fill in the Blanks	61
How to Help a Friend - Pocket Guide	63

Money Matters	64
Personality Plus	69
Express Yourself	72
Jeff and Ming Discussion Sheet	74
Text Quiz	75
Girl Anthem.....	76
You Asked for It ...or Did You?.....	79
How to Help Someone Who is Being Abused	82
Statistics on Violence	83
A Healthy Relationship Word Search.....	84
The Positive Side of Goals	85
Stop the Bully	88
#iCANHELP	92
Inspiration: <i>Real Women, Real Stories</i>	96
Ariel Mauney Bryant - <i>Acceptance</i>	97
Mary Lynne Fernandez - <i>Shine Your Light</i>	98
Ginny Sims - <i>People Pleaser</i>	99
Gypsy Nix - <i>Change Your Path</i>	100
Amma Jo - <i>The Power of an Opportunity</i>	102
Glenda Crump - <i>Carry the Torch</i>	104
Janice Meeker-Sevilla - <i>Remember the Moments</i>	106
Jade Simmons - <i>Stereotypes</i>	108
Kendra White - <i>Not a Joke</i>	110
Tei Street - <i>Be Amazing</i>	111
DC Sills - <i>Meeting the Challenge</i>	112
Emily Booth - <i>No Cuts in My Life</i>	114
Megan Martinez - <i>Always Get Up!</i>	116
Hold On - <i>A Beth Hart Interview</i>	118



THE *Eye* OF THE Beholder



LESSON TITLE: *The Eye of the Beholder*

CONCEPT: Who defines beauty? Students will build communication skills by participating in collaborative discussions about society's definition of beauty and determining their own definition of what is beautiful

OBJECTIVES: Students will be able to discuss topics effectively after examining materials based on that topic.

MATERIALS: Eye of the Beholder activity sheet



"BUSTY MANNEQUINS AND AN INFLATED SENSE OF BEAUTY IN VENEZUELA,"
YouTube video, 5:24, posted by The New York Times, November 6, 2013,
https://www.youtube.com/watch?v=LHcwoCy_ZHA

INTRODUCTION: Facilitate discussion in class beginning with the question: "Is Ugly Real?"

- PROCEDURES:**
1. Have students complete Eye of the Beholder Activity Sheet, then discuss pre video questions.
 - What makes someone pretty?
 - What does ugly mean to you?
 - Who decides what is pretty or ugly?
 2. Show the video.
 3. Discuss the post-video questions as a whole class or in small groups.
 - How does the video make you feel?
 - Do you believe all women possess inner beauty, or is this an unrealistic idea made up by "ugly" women?
 - This video was based in Venezuela. Do American women feel the same social pressures as Venezuelan women?
 - Who should decide the standards for beauty?
 - Should women conform to social pressures by any means necessary, including surgery? If so, should there be limits to how many or the kind of surgeries a woman can receive?
 - What should be the minimum age for cosmetic surgeries?

INDEPENDENT

PRACTICE:

1. Ask students to consider this quote from the video: “There comes a moment in which you live only by surgery.” Write a short essay regarding that statement.
2. In the video, we saw one man’s influence and idea of perfection sweep a country. How could women’s influence, behaviors, and actions counteract his ideas?

CLOSURE:

Have students describe themselves using any words that do NOT reflect their physical appearance.

FORMATIVE ASSESSMENT:

Give students a note card and ask them to write down one thing that they learned about themselves from participating in the activity. Have them drop the anonymous card in a box on their way out the door. Compile the cards into a list, and post it for all to see at the next meeting.

ADAPTATIONS:

Pair students in a way that will maximize their strengths. For example, pair a student who writes well with a student with good oral communication skills.

EXTENSIONS:

HISTORY/ART

When were mannequins first created? Who decides the size and measurements of a mannequin? How are these measurements determined?

MATH

Design a mannequin. What would be the measurements and proportions of a realistic high school female mannequin?

How does this activity support Common Core State Standards – English Language Arts (CCSS-ELS)?

CCSS.ELA-LITERACY.SL.9-10.1

Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.

CCSS.ELA-LITERACY.SL.9-10.1.B

Work with peers to set rules for collegial discussions and decision-making (e.g., informal consensus, taking votes on key issues, presentation of alternate views), clear goals and deadlines, and individual roles as needed.



A MODERN CURRICULUM
FOR TODAY'S GIRLS

Activity Sheet

Eye of the Beholder

How Do You Define Beauty?

DIRECTIONS: Using the template below, design a beautiful woman. Illustrate the physical body parts. Accentuate and add to areas if needed. Feel free to write around the template and describe your thoughts. This is your idea and your concept of what a beautiful woman looks like!

