

## I'm more than my looks

13-18s can work through the activities alone or with support from an adult.

### Engage

There are many injustices in the world around us, but we're the architects of the future. As a wise man, Gandhi, once said 'We need to be the change we wish to see in the world.'

One of the injustices that impacts girls and women globally is objectification.

Objectification is when a woman's worth is defined by her physical attractiveness (measured against a narrow ideal of beauty) regardless of her personality and other giftings.

### Empower

God calls us to be advocates – people who speak out against injustice (explore Micah Ch.6:8 in the Bible or on [www.biblegateway.com](http://www.biblegateway.com)). The objectification of women in the media is an injustice – as women, we should be valued for our personality and gifting, not just our physical attractiveness.

We're made in God's image and this means that we have inestimable value and worth; regardless of how we fit into society's narrow ideal of beauty.

Use your gifts – the talents that God has given you – to speak out against the unfairness of objectification in the media. This could be a clay statue, a painting, a drawing, a collage, a poster, poems, songs, videos or a t-shirt design. The picture on this page shows a young woman and her creation from an Esther Generation Weekend.

### Explore

Gather a few magazines, newspapers, song lyrics and music videos (try YouTube) that are currently in the UK Top 10 chart. Analyse the different media and reflect on the different questions:

- How are women portrayed differently from men?
- Do you feel that women and girls are sexually objectified?
- What are the main messages about being a girl which are being communicated?



### Useful resource

If you have access to Netflix, there are two great films which demonstrate the objectification of women in the media. Check out *Miss Representation*; a documentary about how mainstream media contributes to the under-representation of women in influential positions by circulating limited and often disparaging portrayals of women. Or *Miss Americana* chronicles Taylor Swift's life over a number of years and how she navigates body image and the media's often unfavourable treatment of her.