

Adapted Activity 3 - Beauty Is.....

Activity 4 - Hands Down Beautiful

from The Girls Circle Activity Guide, **Empowerment and Identity on Social Media**



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual

Theme Introduction

Check-In

Activity → ADAPTED

Sharing of Activity

Closing Ritual

The Council for Boys and Young Men:

Opening Ritual

Theme Introduction

Warm-Up

Check-in

Activity → ADAPTED

Reflection

Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Adapted Activity 3 - Beauty Is.....

Activity 4 - Hands Down Beautiful

from The Girls Circle Activity Guide

Empowerment and Identity on Social Media

Topic: Body Image & Society's Perspective on Beauty.

Exploring messages that youth receive on social media about how they are supposed to look, act, and behave in society - whether girls/women, boys/men, or gender- nonconforming and non- binary youth.

Objectives:

- Explore gender stereotypes in regard to the messages that youth receive about how girls/women and boys/men are supposed to act and behave in society.
- Help participants investigate how body perception in the media is skewed and that sometimes what they see is not real.
- Encourage youth to accept and appreciate all types of bodies.
- Help participants define beauty on their own terms.

Key Learning Points:

- To help participants have a more accepting view of their own and others' various bodies and appearances.
- How to build each other up rather than tear each other down.
- Define what beauty really means to each participant.

Prior to the Activity: Let the participants know they will need 1 piece of blank paper, a pen or pencil and either some crayons or colorful markers.

Procedure to Lead Activities:

1. Let the youth know we will be having a discussion today about body image and society's perspective on beauty.

Say: *Sometimes gender is assumed based on body image or society's perspective on beauty. Today, we will spend some time talking about these two topics - body image and beauty.*

2. Let the youth know you will be sharing your screen with them in order to watch a short video on body image. Ask the youth to mute their screens during the video. Following the video let the youth know we will talk about body image.

https://youtu.be/5mP5RveA_tk

Ask the youth to take their screens off mute so we can have a discussion about the video; Remind the youth to raise their hand in the chat box if they would like to respond and you will call on them one at a time.

- With respect to beauty and body image, what kinds of pressure do young people face? *Invite the youth to share their thoughts. Give the youth a few minutes to respond.*
- What kind of pressure do LGBTQ, gender non - conforming and transgender youth face? *Invite the youth to share their thoughts. Give the youth a few minutes to respond.*
- What kinds of pressure might people of color face with respect to beauty messages? *Invite the youth to share their thoughts. Give the youth a few minutes to respond.*

- Have you ever shared anything about your body or beauty online and received a response that boosted your confidence? *Invite the youth to share their thoughts. Give the youth a few minutes to respond.*
 - Why do you think someone might post things like, “ I’m so fat”, or “ I’m so ugly?” How would you respond to someone doing that? *Invite the youth to share their thoughts. Give the youth a few minutes to respond.*
 - How do **you** define beauty? *Give the youth a few minutes to think about the question and respond if they wish.*
3. Tell the participants that next they will be participating in a Creative Activity that will invite them to **redefine beauty and think positive thoughts and affirming messages about their bodies**. Let the youth know that they will do this activity in silence. They will have 10 minutes to complete the activity.

Ask the youth to take the blank sheet of paper that they have and begin by drawing a silhouette of a body or profile of a face that will take up most of the paper. Tell them this is not about being an artist or drawing a perfect silhouette - that it’s more about the messages that they will associate with this silhouette.

After the youth have drawn the silhouette, invite them to fill the space with words, positive symbols, images, quotes, etc. **that represent what beauty means to them.**

4. After 10 minutes invite the youth to finish their work and return to the group. Thank the youth for participating in the creative activity.

Sharing of Activity:

Invite the youth to hold up their silhouette and share what words, positive symbols, images, quotes, etc. they used to represent what beauty means to them. Once each youth has an opportunity to share ask the youth the following questions:

- How hard was it to fill the silhouette with positive words, images?
- What was similar or different with the words or images that you each used?
- How did it feel to be able to define beauty in your **own** words?

Reflection Questions:

How will you view body perception differently in the media? *Invite participants to share their thoughts.*

What are some ways you can accept and appreciate all types of bodies? *Invite participants to share their thoughts.*

Where will you post your silhouette representing your definition of beauty.? *Invite participants to share their thoughts.*

Application Question: What is one thing you will do this week to admire beauty in yourselves and others?