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Leader's Guide

Real Beauty Leader's Guide

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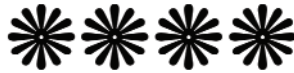
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Real Beauty Guidelines & Ideas for Leaders

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Getting Started

Welcome to *Real Beauty*, a seminar geared specifically for teenage girls, though all ages can benefit from attending. This one day or weekend seminar works great for schools or youth groups, or as a mother/daughter event.

Step by step instructions, well-designed materials and a clear PowerPoint presentation make this relevant and much-needed seminar “do-able” for novice and expert leaders alike.

To help you start planning, here’s a summary of the topics and suggested length of time for each:

Presentation	Time needed
What Beauty Really Is	1.5 hours
What Moms Are Really Saying	1 hour
What Boys Are Really Thinking	1 hour
What Society Is Really Teaching	1.5 hours
What God Really Wants You To Know	1.5 hours

Well In Advance...

- * Meet together as a team (seminar presenter and small group leaders) and review the materials. Then choose a good date and location. It should be a nice place that can be decorated to look beautiful.
- * Advertise with announcements, church bulletin inserts and/or personal invitations.
- * Display posters in prominent places advertising the event.
- * Purchase enough journals, colorful post-it notes and pretty pens for each participant (and a few extras just in case).

Suggested Schedules

A One-Day Schedule:

8:30-9:00 am	Registration
9:00-10:30 am	What Beauty Really Is
10:30-10:45 am	Break
10:45 am-noon	What Moms Are Really Saying
Noon-1:30 pm	Lunch
1:30-2:30 pm	What Boys Are Really Thinking
2:30-4:00 pm	What Society Is Really Teaching
4:00-4:15 pm	Break
4:15-5:45 pm	What God Really Wants You To Know
5:45-6:00 pm	Prayer Time

(Could end here or add a dinner)

A Weekend Schedule:

Friday	6:00-7:00 pm	Registration
	7:00-8:30 pm	What Beauty Really Is
Saturday	7:00-8:00 am	Breakfast
	9:00-9:30 am	Devotional on the beauty of a Bible woman like Esther, Ruth, Sarah, etc.
	9:30-10:30 am	What Moms Are Really Saying
	10:30-10:45 am	Break
	10:45-11:45 am	What Boys Are Really Thinking
	Noon-1:30 pm	Lunch
	1:30-3:30 pm	Afternoon of pampering: massages, facials, etc.
	3:30-5:00 pm	What Society Is Really Teaching
Sunday	6:00-9:00 pm	Dress-up banquet with fashion show
	7:30-8:30 am	Breakfast
	9:00-10:30 am	What God Really Wants You To Know
	10:30-11:00 am	Blessings/prayers around the tables with moms/group leaders sharing what it means to be a godly woman, affirming what they see in the girls, and then praying for the girls. If this is a mother/daughter event, have daughters affirm what they see in their moms and pray for them as well.

That Day/Weekend

Staff needs:

1. You'll need one small group leader for every 6-8 girls. Leaders will guide the discussion and activities around each table. This is where the real ministry happens, so choose godly, confident women of all ages who have a passion for young people.
2. One or two additional helpers are needed for greeting people, registering them, directing them to where they need to be and overseeing little details as they arise.

How the day works:

1. Girls arrive and register; they sit 4-8 to a table (give each girl a rose or other flower as she arrives).
2. Give each girl a participant's journal, copy of the handouts, a pad of colorful post-its and a pretty pen.
3. Each leader should have a copy of the leader's booklet, a marker, a tabletop post-it pad, and covers of several teen magazines.
4. The seminar presenter can add her personal stories or examples to the PowerPoint presentation. The notes to presenters include examples of personal stories a previous leader has shared.
5. Small group leaders guide the discussion and activities around the tables (these activities are included in the leaders materials).
6. Allow for breaks between each of the presentations.
7. If the tables are near walls, it would be great for the big post-its sheets to be put up on the wall after they're completed and you move on to the next activity/discussion so the answers are still visible as a reminder.

Make the day special with little extras:

1. Have little gifts as giveaways and draw names for them at each break. (Things like toiletries, books, etc. You can also give away copies of the posters created to go with this event.)

2. Here's an idea for centerpieces for each table:
 - Get cosmetic tote bags in pretty colors or designs.
 - Use them as the centerpieces with bouquets of flowers spilling out of them.
 - Put a couple of pretty bottles of toiletries around them (hand lotion, body wash, etc.).
 - Use the centerpieces as "thank you" gifts for the group leaders.
3. Include a meal or tea or something that's a little special. For a one-day event, end with a fruit/chocolate bar. For a weekend event, include a dress-up evening program.
4. A weekend event could also include:
 - a fashion show (could be classically appealing yet modest clothing, costumes from other countries, or – to lend perspective – clothing that has been considered beautiful in different time periods)
 - massages, facials, simple manicures
 - color and/or body type analysis
5. If you put the handouts in a folder for each girl, have pretty stickers available so she can decorate the folder and make it "hers."
6. Purchase copies of the posters created to go with this event and hang them around the room in highly visible spots.
7. During a special prayer time around the table at the end of the event:
 - moms or group leaders share with the girls what it means to be a godly woman – characteristics, habits, etc.
 - they affirm the godly characteristics they see in the girls.
 - then they lay their hands on each girl, and pray prayers of blessing, asking God to grow the girls into beautiful, godly women, thanking Him for the beauty already in them, and asking Him to help them to believe the beauty and live it.

Follow-up

Send a postcard or short note reminding the girls of what they learned and challenging them to continue living a life of value and beauty. Include a 'beauty" quote. (Samples on the next pages.)

The dictionary defines beauty as the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit.



Quotes

Being at peace with yourself is a direct result of finding peace with God.

To be a true princess, make Jesus your prince. His opinion is the most valuable.

Every woman is a portrait of her Creator. Let His autograph shine!

To find true beauty, look inside yourself.

Your appearance should reflect who you are...chosen...holy....loved.

Be more concerned with what God thinks of you than of what people think of you.



Nobody can make you feel inferior without your consent.

– *Eleanor Roosevelt*

You cannot be anything you want to be, but you can be everything God wants you to be.

– *Max Lucado*

Beauty, true beauty, starts from the inside and radiates out. So, as women, it is our job to cultivate the beauty of our inner woman by taking time to think, prioritize and meditate.

– *Miss Arkansas, Eudora Mosby*

My favorite beauty tip is simple. Smile!

– *Miss Kentucky, Kerri Mitchell*

Take time to take care of yourself and to always have confidence. There is nothing more attractive in a person than confidence. Confidence can radiate in everything you do from how you walk, how you talk and how you treat other people.

– *Miss Utah, Julia Marie Bachison*

Beauty is not in the face; beauty is a light in the heart.

– *Kahlil Gibran*

It's beauty that captures your attention; personality which captures your heart.
– *Anonymous*

The best and most beautiful things in the world cannot be seen or even touched -
they must be felt with the heart.
– Helen Keller

Beauty is an experience, nothing else. It is not a fixed pattern or an arrangement
of features. It is something felt, a glow or a communicated sense of fineness.
– *D. H. Lawrence*

It's important for all types of women to know that you don't have to fit a prototype of
what one person thinks is beautiful in order to be beautiful or feel beautiful...
– *Jennifer Lopez, Readers Digest, Aug. 2003*

There is no cosmetic for beauty like happiness.
– *Marguerite Gardiner, Countess of Blessington*

The beauty seen, is partly in him who sees it.
– *Christian Nevell Bovee*

Everything has beauty, but not everyone sees it.
– *Confucius*

No woman can be handsome by the force of features alone, any more that she
can be witty by only the help of speech.
– *Langston Hughes*

There are no better cosmetics than a severe temperance and purity, modesty and
humility, a gracious temper and calmness of spirit; and there is no true beauty
without the signatures of these graces in the very countenance.
– *John Ray*

Nothing can be beautiful which is not true.
– *John Ruskin*

Real Beauty Seminar



Instructions for the seminar presenter are indicated with this icon. Please review prior to the seminar because some activities require prior preparation.



This icon identifies suggestions for discussion/activities around the tables. The presenter should give directions for these activities to give all the groups simultaneous directions.



This icon identifies the information on the PowerPoint slides. The bolded words are the slides and in the participants booklets. The additional text is what the presenter says.

Regular text is what the presenter says from the front.

Words in () and italicized are notes to both the presenter and group leaders.

Before the Seminar Starts



(As the presenter is setting up, the small group leaders are at the tables getting acquainted with the girls. Begin by welcoming everyone to the seminar and introducing the group leaders.)

Section 1

What Beauty Really Is



(Women) desire to possess a beauty that is worth pursuing, worth fighting for, a beauty that is core to who we truly are.
—Stasi and John Eldridge in *Captivating*

“Beauty is not in the face; beauty is a light in the heart.”



What is beauty?

Think of someone you know who you think is beautiful. It must be someone you have a relationship with. Who is she and what makes her beautiful?



Let's discuss this question around the tables and get a definition of beauty we can write out — don't worry if it's “wrong;” just define beauty by writing words that define beauty on your small post-its (one word per post-it) and then we'll stick them on the large post-it sheets.

Group them by similarity. Discuss the answers and attempt to come up with one definition.



Who defines beauty?

Let's talk about who teaches us what is beautiful and who is beautiful.

Allow a few minutes for group discussion.



Women are born longing to be beautiful.

Every girl is born with a desire to be beautiful. Little girls are drawn to jewelry, makeup, and dress up. A girl will put on a pretty dress and spin around saying, “Daddy, look at me!” wanting him to tell her that she's beautiful.

We love fairy tales and romantic comedies—a beautiful heroine rescued by a prince. We want to be the beauty in a great story.



The sample picture in the PowerPoint

presentation is of my Granny as an old lady who was beautiful to me because she had a way of making sure you knew you were loved—she made you feel special. Replace her picture with someone you think is beautiful and tell why. Then introduce the two Ice Breaker questions for discussion around the tables.



We want to be beautiful outside *and* inside.

We want more than just physical beauty. We want to be beautiful women inside and out. The beauties in our favorite stories and movies aren't just beautiful on the outside. They are good. Sweet. Caring. Intelligent. Generous. They impact the world around them with their beauty.

Every woman in her heart of hearts longs for three things: to be romanced, to play an irreplaceable role in a great adventure, and to unveil beauty.

—Stasi and John Eldridge in *Captivating*

We want to be valued for who we are, not just for how we look.

Real beauty is more than skin deep. It includes character, personality, sense of humor—the person your friends want to hang out with. They're not hanging around because of what you look like, but because of who you are.



But we believe the lies.

Satan knows this. He knows exactly how to discourage women and have us consumed by something other than God and growing in God. He knows our weak points. So he lies. "You're not pretty." "You're fat." "No one will ever like someone with a ____ like that." And we believe the lies. We think about them. Obsess about them. Believe that we could be a better person if only we... Through the media, the devil convinces us that beauty is all about appearance. We believe that the lies are the truth about who we are. And the devil likes it that way. He knows the impact we would have if we lived like the beautiful women God created us to be. He knows what would happen if we were confident in ourselves and liked who we are.



Write on post-its (one on each) the lies you hear, and we'll put them on the boards.

Group similar answers together.

Now let's talk about whether we really believe that they're lies or if we know in our heads they are, but still have a hard time not believing them.

What would it take to convince yourself that you are beautiful? What would it take for you to feel good about yourself right now?

Make sure moms do this section and join in the conversation, too. They need to be honest and talk about themselves—not their daughters or what they want their daughters to say or believe.



Fat is not a feeling.

Have you ever asked someone how they're feeling and they've responded, "I feel fat"? Or someone says, "I'm having a bad hair day" to explain why they're grumpy.

The truth is that fat is not a feeling. Sadness is. Anger is. Happiness. Frustration. Joy. Those are all feelings. Fat is not. Yet we allow our weight—or our perceptions about our weight—to impact how we feel about our day and our life. Remember, just because you may not look the way you want to doesn't mean your day won't turn out great.



It's okay to like yourself.

Sometimes we may think it's prideful to feel that we are beautiful or attractive. We have a hard time accepting compliments—often negating them by the way we respond to them. We often "qualify" the things we say about ourselves or the compliments we receive. If someone says they like our outfit we say, "Oh, I've had this for years" or "I got it on a great sale" instead of just saying, "Thank you."

Self-confidence is not pride. Feeling good about who God made us to be is what He desires. And liking ourselves makes us even more beautiful.

What's a Girl To Do?



Let's talk a bit about how you can feel better about yourself before going on to the next section. Discuss this around your tables and make a list. Each table can share several examples.



You are more than your dress size.

You are so much more than your appearance. Make a list of what makes you "you"—gifts, talents, interests, personality, characteristics. What do you enjoy doing? What are you good at? How would your friends describe you?



Make a list of at least five things you like about yourself. Write them in your journals.



Use your own example of physical

activity to personalize this section:

"When I was hiking mountains, kayaking on a mountain lake, and rafting a river, I felt strong. I loved the feeling of gliding across the lake in the kayak and the feeling of strength in my arms."



Don't compare.

As long as we're comparing ourselves to other people—our friends, classmates, co-workers, or celebrities—we will never like ourselves. We tend to take what we think is our worst and compare it to what we see as the best in others. And as long as we compare ourselves to others, we can't truly love, encourage and accept others—all traits people say make someone really beautiful.



Take care of YOU.

Do what makes you feel pretty. Wear colors you like. Take a bubble bath. Pamper yourself. Treat yourself like you're someone special. You are!

What do you enjoy doing? Take time to do it.

What makes you laugh? Get laughing.

Get physical! Enjoy your body. It is strength. The way you can move and do things that maybe you thought you couldn't do.

I am fearfully and wonderfully made.

— Psalm 139:14



It felt good to know that I was taking care of my body and keeping it in shape so that it could do those things. Things I wasn't sure I could do. I spent the week doing those things thinking, "I am fearfully and wonderfully made." I didn't worry about my weight or how I looked—I enjoyed my body's strength and physical abilities.



Accept compliments.

Just say, "Thank you." When we don't accept a compliment graciously we're actually saying, "Your opinion about me doesn't matter. I don't believe you."

Believe that the compliment is true!



Talk good about yourself.

God doesn't want you talking bad about His daughter. Who talks the worst about you? Probably you. So stop. It won't be easy. But every time you find yourself thinking or saying things that put you down or aren't nice, stop. Tell yourself something positive instead.



To close this section let's each share at our tables one positive thing we can say about ourselves. Then we'll pray about this aspect of our discussion, thanking God for the beauty He created in each person.

Section 2: What are Moms Really Saying?



"Everything has beauty, but not everyone sees it." -Confucius



Let's talk about what you have heard your mom (or other adult women in your circle of family and friends) say about her body and looks. We can write them on a big post-it sheet.

For the moms in our group, make a list of at least five things you like about your body and looks—physical things/appearance, since that's what we're talking about. Write these in your journals next to the last list.

**A mother who radiates self-love and self-acceptance actually
vaccinates her daughter against low self esteem.**

— Naomi Wolf



What moms want their daughters to hear..

Moms want their daughters to know that they are amazing. They tell them how beautiful they are. They affirm and encourage their daughters, longing to see them live as confident, godly young women.



What daughters hear..

Unfortunately, what moms say doesn't count much. They're "your mom." They're supposed to say you're great and beautiful.

Daughters learn to talk about themselves by what they hear their moms (and older women and friends) saying about themselves and their bodies.

**"Mothers' messages are a significant predictor of appearance-
and diet-related issues."**

— Rebecca Cook, Ph.D., psychologist at the University of Dayton
Counseling Center, Ohio (in *Shape* magazine)

We watch and hear what our mothers are saying about themselves through their words and their actions. Mom won't go out without makeup? We learn we need to wear makeup in public. Mom diets and complains about her weight? We learn that weight is important—even if she tells us we look good. Mom skips meals because she thinks she's fat? Daughters learn to skip meals.



Sometimes moms say things that hurt.

It's not typically intentional, though some moms can be mean. Yet even when they don't mean to, words moms say can be hurtful or taken as a put down. If this happens, talk to your mom about it. Let her know how it makes you feel. She may have no clue that what she said caused you to feel badly about yourself or your appearance.

Sometimes moms will attempt to downplay how you look because they don't want you to focus on your looks. They want you to see yourself as more than your appearance. Or they may be trying to protect the feelings of a sibling who isn't as attractive. Or they may make comments trying to be helpful.

Sometimes it's not their words about our looks as much as it is the pressure we may feel to be perfect. Perfect grades. Perfect lives. And, we believe, perfect bodies.



Moms aren't the only ones.

We tend to be like our friends. If they're on diets, so are we. If they're counting calories, so are we. If they're skipping lunch, we skip right along with them. Often we're hoping that our girlfriends will compliment our style or outfit. We want them to think we are trendy or stylish. We compare ourselves to them. Typically, when we compare ourselves to others, we take what we think is the worst stuff about us and compare it to what we think is the best stuff about them. So we always end up looking worse and feeling bad. As a result, we will copy our friends hoping we can become more like them. Meanwhile they're doing the same thing with us!

We have the potential to help our friends feel better about their bodies and live healthier lives or stay trapped in the diet-I-hate-my body-mentality. We need to realize how we talk about our bodies impacts how those around us think and feel about their bodies. If we criticize parts of our body, those hearing us are going to look at that part of their body and determine how it measures up to what we've just said.



Personalize this section with your own example.

"My mom often 'warned' me that if I wasn't careful, I could end up looking like all my relatives—who were very overweight. Today I am very aware that anything I eat could make me fat. "

We can help ourselves by hanging out with people who are confident in themselves—inside and out—it will rub off. We can also affirm the people around us—not only their appearance, but the other great things about them.



Words do hurt.

Unfortunately, one comment can cause us to not like ourselves for a lifetime. Think about a part of your body that you don't like. When do you remember not liking it? Typically it will be because of a comment someone has made about it. Maybe someone teased you about small breasts or being too tall or too skinny. Or they asked questions about the number of calories in something you were eating. We need to understand why we think the way we do about our bodies—where did we get that message? Was it accurate?



We remember words spoken by people who aren't even important to us because they reinforce the insecurities we already have about our bodies. Many times we can recall comments made by someone we've never seen since that time in our lives, but the words impact us still if we let them.



Share your own example here:

“When I was in high school, the boys used to call me a ‘carpenter’s dream’ because I was as ‘flat as a board’. To this day, I still deal with feelings of inadequacy because of my small chest. I don’t remember the names of those boys. They’re not a part of my life today, yet their comments shaped how I felt about myself.”

Think of one part of your body that you don't like and when you remember not liking it...Why did you begin not liking it? Do you remember people teasing or being critical of that part of your body? We'll take a few minutes to think and then you can write in your journals.

Discuss around the table, if the girls are comfortable. If not, they can just write in their journals.

Moms, it would be especially effective for you to talk about this—to show that people we haven't seen in years still impact us through the words they said a long time ago.

What's a Girl To Do?



What are some things we can do to have a better body image? Moms, can you help us out? Discuss this around your tables and make a list. Each table can share several ideas with the group. Be sure to write some ideas in your journals also.



Help each other.

Whether we're relating to our moms, daughters or friends, we can help each other like our bodies better by:

- Talking positively about ourselves
- Choosing to do something fun together that makes us feel good about ourselves instead of worrying about our weight or trying another diet
- Taking up a new sport
- Going hiking (Getting active)
- Trying something that scares us a little



Applaud yourselves.

Peggy Orenstein, author of *Schoolgirls: Young Women, Self Esteem and the Confidence Gap*, found that middle school girls repeatedly dismissed their academic triumphs but willingly embraced their failures (*Shortchanging Girls* by Susan E. Murray, *Lake Union Herald*).

Talk about more than just your appearance. Show that you value your accomplishments. That "A" on a test. The new recipe that was fantastic. Running the 5K 5 minutes faster than last year. Celebrate yourselves! Orenstein found that without a strong sense of who they were, girls would never be satisfied by their accomplishments and would remain focused on their failures.



Do more than talk.

Some of the things we say about ourselves may be right. We may be a little overweight. We may need to exercise and firm up. We may sometimes dress sloppily.

Don't just talk about it. If you want to lose weight or exercise or dress nicer... do something!

Make healthy lifestyle choices. Don't diet. Learn to eat better. Begin by making one healthier choice. Once that's a habit, make another. One example is giving up soda. For every 20 ounces of Coca-Cola you drink, you're consuming 250 calories. Drink several glasses a day and you can easily down 1,000 liquid

calories. If you're attempting to consume around 1,500 to 1,600 calories a day in order to lose weight, you've almost blown your entire calorie budget on soda! Another important thing is exercise. Just adding ten minutes of walking a day is better than no exercise at all. Exercise with a friend—the time will go faster and you'll have someone helping to keep you on track.

Not sure what clothes look best on you? Shop with a friend. Find someone who has a style you like and ask her to help you.

Baby steps are fine, but make steps in moving forward.



Make home a safe place.

Let your home be a safe place when it comes to image. Talk positively. Don't criticize. Talk to each other about how words and comments impact you. Focus on your relationship and not on food or dieting or looks or calories or any of the other things that can innocently send messages that you're not really saying.



Be aware.

Be aware of what you say about yourself—moms and daughters—when you're with friends. Notice how often you say something negative. Change the subject when the topic gets on calories or food or dieting or image.



Let's end this section with a prayer time for grace and courage regarding this particular aspect of our lives.

• (Break Time!) •

Section 3

What are Boys Really Thinking?



“The best and most beautiful things in the world cannot be seen
or even touched – they must be felt with the heart.”
–Helen Keller



What would you like a boy (or your husband) to think about you when he sees you? Discuss this around the tables.

It’s hard to speak to your hearts when all I see are your parts.
– youth pastor



Guys are visual.
What does that mean?

- A girl dressed in any outfit that calls attention to her figure or part of her body is like an “eye magnet” for a guy. It takes intentional effort for a guy not to look and even when he’s not looking, he is very aware that she’s there.
- Guys have a bunch of “stored images” of girls they’ve seen—in person or in pictures that can pop into their thoughts without warning.
- When a guy sees a girl who is dressed in a revealing way, he is strongly tempted to picture her naked and even naked with him.

But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.
Matthew 5:28 NASB

In a recent survey 96% of high school/college age guys responded that if a girl with a great body walks into a room they will either look or have to work hard not to look. And when they're looking, it's not the girl's face they're looking at.

And 85% of the guys admitted to the possibility of picturing a good looking girl naked.

We need to understand that this is true not only of teenagers and young adults, but adult men as well. If the guys are looking, the men probably are too and are struggling with the same temptations.

We all face temptations, but this is one of the main ones for guys.



Write "Do Not Read This" on a big sign (poster board, post-it pad) and place near the front of the room at the beginning of the day. When you get to this PowerPoint slide, ask the group how many read the sign. Then ask how many read it more than once?



Do not read this.

No, really, don't read it. Just look at the letters and don't read the words.

Hard? Impossible? That's how the male mind works when it comes to the female body.



How you dress impacts how he thinks.

A guy's brain will automatically "finish" any picture he sees that's incomplete.

Showing a little cleavage? He'll finish the picture. Low rise jeans and high rise shirt? He'll finish the picture. Spaghetti straps or bra straps showing? He'll finish the picture. Short skirt or shorts? He'll follow your leg line right up and finish the picture. Have words going across your breasts or across your bottom? They'll draw his eyes to that part of you. Showing your belly and adding a belly ring? He's going to notice. A tattoo on your back, right above your panty line? It's like a sign saying, "Look here!" He'll be looking and thinking about what the rest looks like.

When he sees a little cleavage, a glimpse of panties, long legs with short shorts or skirt, he will believe that if you're willing to show the world a little, you'll show him more.

Guys think girls know exactly what they're doing when they dress that way.

Be careful, however,
that the exercise of your freedom does not
become a stumbling block to the weak.
1 Corinthians 8:9 NIV

Do you want him thinking, “Nice body?” or “Wow, she’s not only beautiful she’s intelligent, has a great sense of humor and is fun to be around”? Do you want to be just another body he wants to have sex with? Or do you want to be someone special?

One young man said that a girl who dresses in revealing clothes will never attract the kind of guy who will treat her with respect. By not respecting herself, she will be telling other people they don’t have to respect her either.

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.
Ephesians 5:3 NIV



You’ll be thinking love and he’ll be thinking sex. Two-thirds of guys surveyed said sex does not equal love and/or commitment.

It’s true that no matter how conservatively you dress, a guy can be attracted and think about your body. But how you dress tells him what you want him to think about you. How you dress creates an image of who you are—and what you want guys to think about you.

Let’s think about what we’re saying by how we dress. What do you want your clothing and appearance to say? What do you want people to think when they look at you? What do you think your clothing/appearance currently says? What are boys seeing when they look at you?

Write the answers to these questions in your journals.



How you get a guy is how you’ll keep him.

If you attract a guy because of how you look, you’ll need to work very hard at always looking that way so he sticks around. And all he’s seeing of you is your body—not the real you. His mind is so crowded with images of your body that he can’t see how amazing you really are. He’ll only be thinking sex, not a relationship.

If you attract a guy because of who you are—your personality or spirit—then he's attracted to the real you and you won't have to worry about always looking a certain way to keep his attention.



You have a responsibility as a Christian woman.

Are you thinking it's no one's business how you dress? Or that it's a guy problem and they need to get over it? That's like saying, "I want to do what I want to do and I don't care how it impacts anyone else."

That's not what God wants for us. He has called us to more than that.



A boyfriend won't make you more valuable. (Nor will a husband.)

We sometimes mistakenly think that a boyfriend will help us feel better about ourselves. Make us more important. Make us more valuable because someone thinks enough about us to date us.

Those are lies!

Guys don't add to your value. They don't make you more important. They can't cause you to think better about yourself if you don't already like yourself. No matter what they say or how often they tell you you're beautiful, you're still going to doubt and want that reassurance again and again.



We have to believe in ourselves first.

Our negative words can cause a person to feel badly about themselves—even cause them to remember our words and take those words to heart for the rest of their lives. But for the most part, our positive words and/or compliments and affirmations often do not have the same impact. Why? Because we don't believe it about ourselves. And we will always tend to believe the worst things said about us instead of the best because that's how we feel about ourselves.

A boyfriend may be fun, but he's not going to make you feel more beautiful or more loved.



Share your own story/
example here:

"My husband often tells me I'm beautiful. And he gets frustrated with me when I don't believe him or when I complain about my looks or weight. Even though he thinks I'm beautiful and tells me often, his words aren't going to convince me until I begin to accept myself and like me... until I think I'm pretty. The same holds true whether we're talking about looks, talents, intelligence, etc."

What if he does temporarily make you feel good about yourself? What happens when he breaks up with you? We have to base our value and self-worth on something much more permanent and stable than human relationships.

What's a Girl To Do?



Before we go on to the next section let's talk about what girls can do about these things. Discuss in your groups what you can do and make a list. Each table can share several ideas with the group.



Be careful how you dress.

- ▶ Shirt doesn't quite cover your jeans? Wear another shirt underneath. Layering actually makes you look thinner.
- ▶ Spaghetti straps? Wear a sweater, hoodie or shrug over it.
- ▶ Low cut neckline? Wear a shirt underneath with a higher cut. It will cause eyes to automatically look up.
- ▶ Steer clear of too-tight jeans, short shorts and micro minis. Skip shorts and pants with words across the bottom.
- ▶ Ask a trusted guy, your dad (or husband), what he thinks of your outfit.
- ▶ Do the stretch test. Stand in front a mirror and stretch your arms over your head. Bend over and touch your toes. Does movement reveal skin?



Know that guys want more than just beauty.

"Besides 'wear sunscreen' and 'tip well', my advice to teen girls is, understand your identity. You are a valuable creation of God with an awesome future ahead of you. Understand where you're going, or you'll always be looking for guys to make you content. Quit buying into the lies of the media on how to dress and act, and don't be afraid to stand apart from the crowd."

—quote from a college guy in *For Young Women Only* by Shaunti Feldham

When the *For Young Women Only* survey asked,

TV and magazines glamorize a particular kind of girl that everyone seems to

agree is hot. Despite this image, do you find yourself attracted to other kinds of girls, such as any of the following?

the pretty but unglamorous “girl next door”
the “plain Jane” who is a fantastic athlete
the sweet girl who never made an enemy
the stocky girl with a hilarious sense of humor

Nine out of ten guys said they’d be attracted to all different types of girls. And that number was almost ten out of ten among Christian guys who attend church regularly. They’re not looking for the “perfect looking” girl. They want a real girl with a real personality whom they can enjoy being with. Someone they can talk to and trust. And they don’t understand why girls won’t believe them on this one!



Understand that while a guy doesn’t want perfection, he does want a girl to care.

This was a fact that crossed age lines. Young men and adult men both agreed that it was important to them to see a girl or woman taking care of herself. Many husbands said (in *For Women Only*) that it made them feel cared about when their wives cared about their appearance.



What was the number one message guys who took the *For Young Women Only* survey wanted girls to know?

“Be yourself, because you are more
valuable than you think.”



We’re going to end this section with a prayer time asking God to help us value ourselves for who He created us to be, and to understand our influence on other people and make appropriate decisions about how we choose to dress.

• (Break Time!) •

Section 4

What Is Society Really Teaching?



"Nothing can be beautiful which is not true." —John Ruskin



Name three women society claims are beautiful. Each of you list three names, one on each post-it. Now let's group them by name (ie, all the Angelina Jolie's together, etc.) on the big post-it sheets.



Share three reasons why these women are considered beautiful. Write one reason each on your post-its (one answer per post-it). Again, let's group them on a big post it sheet by similarities.



Now we'll do the same with three women in the Bible who were beautiful and three reasons that made them beautiful.

What are the differences in the reasons and why?



Society's definition of beauty:

The average woman is 5'4" and weighs 140 pounds. The average model is 5'11" and weighs 117 pounds. Barbie would be 6' and weigh 101 pounds. If she was a real person, she would not be able to walk!

The world defines beauty as strictly outer appearance. You are your size. Your hair color. Your weight. Is that really who you are?



Do not read all the statistics in this section! It will be way too much information, especially if it's a one-day event and you're doing this right after lunch.



Who defines beauty for you?

Who are your fashion role models? Are they living a worthy, holy life?

By defining beauty as only about your outer appearance, the media is saying that nothing else about you matters much—not your character, your abilities or your passions. They reduce a woman to nothing except what she looks like. You are acceptable only if you weigh a certain amount and look a certain way. It doesn't matter if you are smart, generous, funny, friendly, loyal, caring or anything else that makes you YOU.



Let's discuss these three questions at the tables.

Who defines beauty for you? Who are your fashion role models? Are they living a worthy, holy life?



We don't think we're beautiful.

- ▶ Only 2% of women consider themselves beautiful. (Dove Campaign for Real Beauty)
- ▶ Only 9% feel comfortable describing themselves as attractive. (Dove)
- ▶ The Dove survey showed that “women are less satisfied with their beauty than with almost any other dimension of life,” said Nancy Etcoff, Ph.D. who helped conduct the survey.
- ▶ 81% of ten-year-olds think they're fat. (Mellin et. al, 1992)
- ▶ 42% of first through third grade girls want to be thinner. (Collins, 1991)
- ▶ Three out of four women said they were overweight in one study although only one out of four actually was. (Rader Programs)
- ▶ Four out of five US women are dissatisfied with their appearance.

“I am beautiful, no matter what they say, words can't bring me down.”
— Christina Aguilera



Beauty messages are everywhere.

- ▶ We are bombarded with an average of 2,000 beauty ads a week.
- ▶ One out of every four television commercials sends out some message about attractiveness. (Rader Programs)
- ▶ 7 out of 10 women feel more depressed and angry after viewing images of fashion models. (Grassar, 1996)

- ▶ 80% of women who answered a *People* magazine survey responded that images of women on television and in the movies make them feel insecure. (Rader Programs)



Let's take a moment to look at what we're wearing: clothes, makeup, fragrances, etc., how we're styling our hair, what products we use and make a list of what has been influenced by the media, current fashion trends, celebrities, or a sales clerk.

Do you want them to be influencing you?



The messages aren't always nice.

Look at popular magazines. Their headlines and articles talk about this person being too fat and this one being too thin. They show pictures of celebrities and draw circles around perceived flaws, accentuating them and asking, "Is she pregnant?" "Has she let herself go?"

They also have articles with photos of two famous people wearing the same outfit and have people vote on who looks best in it.

Or they run features showing people in outfits the editors think aren't great and make a big deal about it.

With these kinds of messages all around us, beating up the women we think are beautiful and we wish we could be like, it's no wonder that we beat ourselves up, too.

Our negative self-image interferes with our lives.

- ▶ 74% of women polled by *Shape* magazine have said no to an invitation because they felt badly about their bodies.
- ▶ 78% in the *Shape* poll say their weight dictates their mood for the day.
- ▶ *Shape* found that 79% believed their lives would be better if only they were thinner.
- ▶ 83% felt worse about their bodies after shopping for a swimsuit (*Shape* magazine).



We're going to look at the covers of current magazines for examples of what we just talked about. How do these images make you feel? Does it impact how we look at other people and/or ourselves? How many articles are about physical appearance and/or boys/sex? Are there any on people's inner qualities and strengths?



What we see isn't real.

After a team of hair, makeup and clothing experts do their work and a photographer does hers, the finished product is still Photoshopped for that perfect look. The people we want to look like don't even look like the image we're trying to copy!

A very important thing to remember is that those making the ads are trying to sell us something. They have to create a dissatisfaction in us in order to get us to buy their product. They will "promise" us that if we buy their product, then life will be so much better. We need to be able to see the ads for what they are. A sales pitch. And believe in ourselves enough to know that we are great without their product. They don't really want to help us. What they want is our money!



If possible,
play Dove's
evolution

video:

<http://video.google.com/videoplay?docid=6915842737034217262>

Another idea is to take pictures of a couple of the girls when they arrive and have someone Photoshop them during the meetings and show them now.



The picture of beauty isn't real.

- ▶ The media's "perfect" body is only 20% of what a healthy weight really is for your height.
- ▶ Twenty years ago, the average model weighed 8% less than the average woman. Today she weighs 23% less. (Rader Programs)
- ▶ Most celebrities are enough below their ideal body weight to be considered anorexic: Kate Moss is 30% below; Niki Tayler, Elle Macpherson, Gisele Bundchen, Julia Roberts, Cameron Diaz, Diana Ross and Elizabeth Hurley are all well below healthy weights. Even Pamela Anderson (considered curvy) is 5'7" and weighs 120 pounds—11% below her ideal body weight.
- ▶ If Barbie was real with her proportions, she would have to walk on all fours to support her body. (*Real Beauty*)
- ▶ There are 8 supermodels and three billion regular women in the world. (*Beauty Secrets*)



We're trying hard to be unreal.

There has been a 444 percent increase in the number of people having plastic surgery in the last 10 years.

- ▶ 91% of all plastic surgeries are for women.
- ▶ 79,501 teens under 18 had plastic surgery in 2001.
- ▶ 29,700 girls under 18 had their noses reshaped to make themselves look prettier in 2001.

- ▶ In 2004, 3,250 girls under the age of 18 had liposuction.

Yet doctors have found that plastic surgery doesn't change self-image. And because it doesn't, many of the women and girls having plastic surgery are still unhappy about their looks.

The majority of American women are on or have been on a diet. Our obsession with weight has led many women to eating disorders—often beginning because they wanted to lose five to ten pounds, not hundreds.

- ▶ The American Anorexia and Bulimia Association states that anorexia and bulimia strike 1 million women each year.
- ▶ 150,000 American women die of anorexia each year. (American Anorexia and Bulimia Association)
- ▶ 23.5% of those with eating disorders are over 35 years old. There has been a dramatic increase in eating disorders in women over 35 in the last few years. (Renfrew Center, Philadelphia, Pa.)
- ▶ 11% of high school students battle an eating disorder. (ANAD)
- ▶ 80% of all kids have been on a diet by the fourth grade. (*Time* magazine report)
- ▶ The diet industry is a \$50 billion a year enterprise. (M. Maine, 2000)
- ▶ In 1970, the average age of a girl on her first diet was 14. By 1990 the average dropped to 8. (Rader Programs)
- ▶ Half of fourth grade girls are on a diet. (Rader Programs)
- ▶ 51% of 9- and 10-year old girls said they felt better about themselves when they were on a diet. (Rader Programs)
- ▶ Without treatment, up to 20% of people with serious eating disorders die. With treatment, that number falls to 2 to 3 percent. (*Beauty Secrets*)
- ▶ About 50% of people with anorexic behavior develop bulimia or bulimic behaviors. (*Beauty Secrets*)

Most women and girls who have an eating disorder can't stop. It's not a matter of just eating again or not throwing up. The behavior becomes compulsive. They need help and support. Eating disorders cause more than just weight loss; they can cause heart damage, tooth decay, malnutrition, dehydration, constipation, abdominal pain, electrolyte imbalances, hair loss and make you look very unhealthy and unattractive—the exact opposite of the original goal.



www.nationaleatingdisorders.org has excellent handouts on eating disorders you can download, print and copy to give as handouts.



Women choose beauty over other important things.

Here in the United States, looking good rates higher than giving to the poor in people's priorities. But it goes beyond that. Many women would trade intelligence, being nice and almost any other goal in order to be pretty.

- ▶ 50% of US women surveyed said they would rather have a thinner waist than a higher IQ. (Ediets.com survey)
- ▶ 33,000 women told researchers they would rather lose 10-15 pounds than achieve any other goal. (Naomi Wolf, *The Beauty Myth: How Images of Beauty Are Used Against Women*)
- ▶ 2 out of 5 women would trade 3 to 5 years of their lives to achieve their goal body weight. (Rader Programs)
- ▶ According to one study, over half of young women between 18 and 25 years old would prefer to be run over by a truck than be fat, and two thirds surveyed would rather be mean or stupid than fat. (Graessar, 1996)



We want it to be easy.

- ▶ Only 10% of the population has the drive to do what it takes to look like a cover model. The rest of us just agonize and talk about it and hate our bodies. (Bob Greene)
- ▶ Or we have plastic surgery or liposuction. Or we pile on the makeup.



We're attempting to "buy" beauty.

- ▶ Worldwide cosmetic sales totaled \$65 billion annually in 2001. (*Encyclopedia Britannica 2001*)
- ▶ An estimated 1,282 tubes of lipstick and 2,055 jars of skin care products are sold every minute. (Minnesota Daily Online, March 7, 2001)

Is beauty lasting? Is it something we can take with us? Will beauty matter much in eternity?

What's a Girl To Do?



How can you handle the things we've discussed and live REAL lives instead of buying into society's beliefs on beauty? Discuss this in your groups and make a list. Each table can share several ideas with the larger group.

We can make the decision to live healthy and not to be a certain size, but to be the amazing people that we are.



Throw off all that hinders you.

Romans 12:1, 2 tells us to throw off all that hinders us in the race of life. This may mean throwing out the magazines, avoiding TV shows that impact how you feel about yourself, and anything else that causes you to feel bad about yourself.



"Your outer beauty is only as striking as your inner beauty."

You may want to go a day without makeup. Or dress more casually when you go out. What is your biggest beauty obsession? Try to go a day without it.



Get realistic.

Your size and body shape and looks are impacted by more than just how much you eat. A lot of it is genetic. You've inherited features and structures from your family. Look at family members—not just mom and dad, but aunts, uncles, cousins and grandparents on both sides of your family. What do they look like? There are some things you can't change no matter how much you want to or how hard you try.



Get moving.

Exercise is about more than losing weight. It releases endorphins that cause us to feel better. It helps us to sleep better, which impacts how we feel. And the results (strong muscles, endurance, etc.) can make us feel better about our bodies, no matter what size we are.



Don't make food the enemy.

Don't diet. Eat well. Eat balanced. Eat healthy. Don't make certain foods off limits—that will make you want them even more.



What you think about yourself shows in your appearance.

Confidence shows. In the way you walk and in the way you carry yourself. Be aware of your posture.



Create your own style.

Your “look” tells the world who you are...like a label or an advertisement. Create your look to reflect who you are. Add color. Add a signature piece. If you wear makeup, go to a makeup counter at a department store and have them show you how to wear it to enhance your looks—make you look healthier—not “made up.”



Smile!

Adding just a simple smile to your face will make you more attractive to the world and will actually make you feel better. Kerri Mitchell, a former Miss Kentucky says: “My favorite beauty tip is simple. Smile!”



Pray.

God longs for you to see yourself the way He does. Ask Him what He thinks. Look for scriptures that tell you. Memorize them. Ask Him to help you believe the truth about who you are and how beautiful you are and to let go of the lies.



Let's pray together about this aspect of our discussion, asking God to help us separate truth from lies and thanking Him for the health and the true beauty He has given each one of us.

• (Break Time!) •

Section 5

What God Really Wants You To Know



“Every woman is a portrait of her Creator. Let His autograph shine!”



Most of us don't look at ourselves through God's eyes. We see ourselves through the eyes of the world and as a result, we believe we fall short in the area of beauty.

“The more focused you are on your looks, the more insecure you become.”

Most of the time when you are discontent with yourself you are holding yourself up to the wrong standard. The true secret to contentment is learning to see yourself through God's eyes. You have to practice. Remind yourself over and over how God sees you.

We really don't need more self-esteem. What we need is God-esteem.

The amount of time we spend on something shows how much we value it.

- How much time do you spend working on your outer beauty?
- How much time do you spend working on your inner beauty?



Let's think about these two questions. Write your answers in your journals.

Each girl/mom can write one or more answers in your journals. Then, for those who are comfortable sharing, we'll discuss if this change would really make your life better. And if so, how? What do you think has—or hasn't—happened to you because of your physical appearance? What do you imagine would change about your life if you looked different?

If I could change _____, then I would think I was beautiful.



You were created in the image of God.

In the beginning, God created the heavens and the earth and everything that was in them. At the end of each day, He looked at His handiwork and said, "It is good."

Until day six. He looked at the world He was finishing and realized it was incomplete. And He said, "It is not good."

Then He created woman. In His image. She (you) are a reflection of God.

She was God's final act in creation. A reflection of God's beauty, kindness, gentle strength, persistence, love, and courage.



What attributes of God does a woman reflect? What about a man? Let's list them on the big post-it sheets.



You were given an important role to play.

When God looked at Adam, He saw that Adam was incomplete. Did God realize that after He was finished? No. He had a plan from the beginning. He created Eve to be Adam's "helpmate." The original word means more than the person who does the laundry, cleaning and cooking. It literally means "lifesaver." Eve was more than just the person to greet Adam at the end of the day when he walked through the door. She was his partner. The person who would help him become all God created him to be.

God created both man and woman to take care of the world. Genesis 1:26-28 shows that God told both of them to be fruitful and multiply and take care of it. They were to be partners together in this great adventure God had planned for them.

**"And God created the human in His image, in the image of God
He created them, male and female He created them."
Genesis 1:27 Alter**



But the story didn't go the way God intended.

Satan had at one time been the most beautiful creation in heaven. Then he allowed pride to enter his heart. His sin led to his banishment from heaven. When he saw Adam and Eve, his heart filled with hatred and jealousy. They were beautiful. And God loved them. From the very beginning, he set out to destroy them. He began by planting the seeds of doubt in their minds about God...that He was really not trustworthy and was not looking out for their best interests. He's

been working to cause us to not only distrust God's Word ever since, but works to make us believe his lies instead: That we aren't beautiful. We're not making a difference in the world. And if people really knew the real us, they wouldn't like us.



Thankfully, that's not how the story ends.

Fairy tales and romantic comedies all have princes who come to the rescue. While they aren't true stories, our story is true and we do have a Prince who came to rescue us.

For God so loved (your name), that He sent His only begotten Son...

And He wants us to see ourselves the way He does—to value ourselves with the value He gives us.

I would rather be what God chose to make me than the most glorious creature that I could think of; for to have been thought about, born in God's thought, and then made by God, is the dearest, grandest and most precious thing in all thinking.

— George McDonald

The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage (that's you!) to value themselves according to the price He has placed upon them.

— *Desire of Ages*, 668

His Word tells us what He thinks about us. But we have to get into His Word, memorize it, and believe that it's really about us.



God really knows us

He created us. He chose us. He sees us the way He created us to be...sees us through Christ—His righteousness. But He knows who we are and what we're like. He knows that we're sinners. He knows us better than we know ourselves—good and bad. Nothing we do can shock Him. Or cause Him to think less of us. Or stop Him from loving us. He knows you inside and out and He loves you.

You make me beautiful
 You make me stand in awe
 You step inside my heart, and I am amazed
 I love to hear you say
 Who I am is quite enough
 You make me worthy of love and beautiful!
 – Bethany Dillon, *Beautiful*



If God created us to be us, then it may be true that He gave us the “flaws” we think we have for a reason. We should look for the reason behind them. It may be that if we didn’t have them, we would make life choices or be in situations that aren’t good for us. The flaws may cause us to grow closer to God.



When God created you, He didn’t just give you the gifts and talents He wanted you to have for His purpose, but He created you to look like the YOU He had in mind.

Let’s think about this question: Is it possible God allowed what we consider flaws for our own good? How have they shaped us? Take a few moments to write your thoughts in your journals.

What’s a Girl To Do?



What can we do to help us believe what God is saying about us instead of what the devil says? Discuss this in your group and make a list. Each table can share several ideas with the larger group.



Believe what God says about you.

What does God say about you? Think of scriptures that tell what God says about you. Memorize the ones that are most meaningful to you so you will have them in your brain when the devil attacks with his lies.



Let’s make a list of scriptures that tell what God thinks about us. Write them out so we can see them.

Now let’s look at the sheets that list Bible verses. I encourage you to read your Bibles, looking for and underlining or highlighting the verses that tell you what God thinks of you, how much He loves you, and how valuable you are.



Share your personal story here:

“I always wanted to be a cheerleader. To be pretty and popular. To have boyfriends. But I am small breasted. And the guys noticed and teased me about it. I believe that if I had been more endowed, had made the cheerleading team and become the popular girl I thought that would bring, my insecurities could have caused me to make wrong choices and get caught up in boys, pleasing them and not in living for God the way I committed to as a young Christian.”

(There is a list of verses to get them started in the appendix, "What God Really Says.")

Whatever comes, cannot alter one thing.
If I am a princess in rags and tatters,
I can be a princess inside. It would be easy to be a princess
if I were dressed in a cloth of gold, but it is a great deal
more of a triumph to be one all the time
when no one knows it.
— Sara in *The Little Princess*



Believe what's true about you.

Make a list of the things you need to believe about yourself. Things like:

"I am attractive."

"I am smart."

"People enjoy being around me."

"I make God smile."

"God dreams big dreams for me."

"I am strong."

Be specific about who you are and what you need to believe about yourself. Repeat the list to yourself often, like when you're walking or doing something that doesn't require a lot of thinking. Getting the positives in your head will help you to learn to think positively instead of negatively. It will retrain your brain.



We're going to take time right now for each person to write 3-5 positive statements in your journals about yourselves that are true. When everyone's finished we'll share them around the tables.



Turn the negatives into positives.

What negatives have you been telling yourself? Turn them into positives. When you get down about your freckles, tell yourself God gave you freckles to make you unique. Are you a mom struggling with leftover "baby weight"? Tell yourself that your body is incredible because it gave birth to an amazing person. Do you have a few laugh lines? You've earned every one. What about that little mole on your leg? It's a beauty mark put there by your Maker.



Live like you believe.

Learning to live like you believe will be a continual journey. We have to literally reprogram the way our minds think. We've been telling ourselves negatives and believing the devil's lies for so long our brains automatically tell us those things. We need to start telling ourselves the truth over and over again.

And do the things that go along with those truths. Walk with confidence. Talk with confidence. Both will make us more attractive.

Decide to do something you want to do but have been afraid to try. Conquering fears and learning new things will also help you believe in yourself more.



Share your own example here:

“In the past few years I’ve needed to learn a lot of new computer programs and technical skills that I never thought I would be able to. As I’ve learned new things and gotten better at what I do, I’ve learned to believe that I can do it—and that I can learn. It helps me to feel better about myself.”



Assignment to do at home...

Write a vision statement of who God has created you to be. You may not totally be that person yet, but that’s okay. A vision is about what’s to come.

Include all aspects of your life:

- athletics
- academics
- characteristics
- talents and abilities
- roles
- jobs
- dreams

We’ve started the first line for you with the page titled, “The real beautiful me is...” What would God say if He was writing about you? If it’s too hard to write it out as a vision statement, write it as a letter from God telling you how He sees you and what He has for your future.



Make sure they understand how to write a vision statement and then close by having a time of prayer. If you have both moms and daughters, have them pray together. Moms will pray for their daughters—a prayer of blessing for who they are, their beauty etc., but girls will also pray that way for their moms. If you only have girls at each table, have them each pray a prayer of affirmation and blessing on the person next to them and go around the circle, making sure each person is prayed for. You may want to encourage them to share their vision statements with each other and send you a copy.



The real beautiful me is....

What God Really Says

Here are a few of God's truths about you to get you started. Personalize them with your name. Memorize them. Add to the list. Believe that they are God's truth about you.

"Long before God laid down the foundation of the earth, He chose _____—settled on _____ - to be the focus of His love, to be made whole and holy by His love."
Ephesians 1:4 MSG

"_____ is fearfully and wonderfully made."
Psalm 139:14

"Do you think _____ is trying to make people accept her? No, God is the one she's trying to please."
Galatians 1:10 NCV

"The King is enthralled by _____'s beauty; honor Him, for He is your Lord."
Psalm 45:11 NIV

"So God created _____ in His own image."
Genesis 1:27 NIV

"God has chosen _____ and made _____ His holy daughter. He loves her. So _____ should always clothe herself with mercy, kindness, humility, gentleness and patience."
Colossians 3:12 NCV

"For God so loved _____, that He gave His only begotten Son, that because she believes in Him, she will never perish but have ever lasting life."
John 3:16

Book List

For Young Women Only

Shaunti Feldham and Lisa A. Rice

Sexy Girls: How Hot is too Hot?

Hayley DiMarco

Body. Beauty. Boys. The Truth About Girls and How We See Ourselves

Sarah Bragg

For Women Only

Shaunti Feldham

Comfortable in Your Own Skin: Making Peace With Your Body Image

Dr. Deborah Newman

Captivating

John and Stasi Eldridge

Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World

Shannon Ethridge and Stephen Arterburn

Beauty Secrets: Tips For Teens From the Ultimate Makeover Artist

Dr. Deborah Newman and Rachel Newman

Websites

www.eatingdisorderinfo.org/eating_disorders_statistics.htm

www.raderprograms.com/media.htm

www.nationaleatingdisorders.org

www.campaignforrealbeauty.com

Real Statistics

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- ▶ 33,000 women told researchers that they would rather lose 10-15 pounds than achieve any other goal. (Naomi Wolf, *The Beauty Myth: How Images of Beauty Are Used Against Women*)
- ▶ 2 out of 5 women would trade 3 to 5 years of their lives to achieve their goal body weight. (Rader Programs)
- ▶ According to one study, over half of young women between 18 and 25 years old would prefer to be run over by a truck than be fat, and two-thirds surveyed would rather be mean or stupid. (Graessar, 1996)

The picture of beauty isn't real.

- ▶ The "perfect" body is only 20% of what a healthy weight truly is for your height.
- ▶ Twenty years ago, the average model weighed 8% less than the average woman. Today she weighs 23% less. (Rader Programs)

- ▶ Most celebrities are enough below their ideal body weight that they could be considered anorexic: Kate Moss is 30% below; Niki Taylor, Elle Macpherson, Gisele Bundchen, Julia Roberts, Cameron Diaz, Diana Ross, Elizabeth Hurley, etc. Even Pamela Anderson (considered curvy) is 5'7" and weighs 120 pounds—11% below her ideal body weight.
- ▶ If Barbie was real with her proportions, she would have to walk on all fours to support her body. (*Real Beauty*)
- ▶ There are 8 supermodels and 3 billion regular women in the world. (*Beauty Secrets*)

We want it to be easy.

- ▶ Only 10% of the population has the drive to do what it takes to look like a cover model. The rest of us just agonize and talk about it and hate our bodies. (Bob Greene)
- ▶ There has been a 444% increase in the number of people having plastic surgery in the last 10 years.
- ▶ 91% of all plastic surgeries are by women.
- ▶ 79,501 teens under 18 had plastic surgery in 2001.
- ▶ 29,700 girls under 18 had their noses reshaped to make themselves look prettier in 2001.
- ▶ In 2004, 3,250 girls under the age of 18 had liposuction.

Eating disorders and diets.

- ▶ The American Anorexia and Bulimia Association states that anorexia and bulimia strike 1 million women each year.
- ▶ 150,000 American women die of anorexia each year. (American Anorexia and Bulimia Association)
- ▶ 23.5% of those with eating disorders are over 35 years old. There has been a dramatic increase in eating disorders in women over 35 in the last few years. (Renfrew Center, Philadelphia, Pa.)
- ▶ 11% of high school students battle an eating disorder. (ANAD)
- ▶ 80% of all kids have been on a diet by the fourth grade. (*Time* magazine report)
- ▶ The diet industry is a \$50 billion a year enterprise. (M. Maine, 2000)
- ▶ In 1970, the average age of a girl on her first diet was 14. By 1990 the average dropped to 8. (Rader Programs)
- ▶ Half of fourth grade girls are on a diet. (Rader Programs)
- ▶ 51% of 9 and 10 year old girls said they felt better about themselves when they were on a diet. (Rader Programs)
- ▶ Without treatment, up to 20% of people with serious eating disorders die. With treatment, that number falls to 2 to 3%. (*Beauty Secrets*)
- ▶ About 50 % of people with anorexic behavior develop bulimia or bulimic behaviors. (*Beauty Secrets*)

Our negative self-image interferes with our lives.

- ▶ 74% of women polled by *Shape* magazine have said no to an invitation because they felt badly about their bodies.
- ▶ 78% in the *Shape* poll say their weight dictates their mood for the day.
- ▶ *Shape* found that 79% believed their lives would be better if only they were thinner.
- ▶ 83% felt worse about their bodies after shopping for a swimsuit. (*Shape* magazine)

We're attempting to "buy" beauty.

- ▶ Worldwide cosmetic sales totaled \$65 billion annually in 2001. (*Encyclopedia Britannica 2001*)
- ▶ An estimated 1,282 tubes of lipstick and 2,055 jars of skin care products are sold every minute. (Minnesota Daily Online, March 7, 2001)

Real Beauty Tips

by Audrey Hepburn

For attractive lips,
speak words of kindness.

For lovely eyes,
seek out the good in people.

For a slim figure,
share your food with the hungry.

For beautiful hair,
let a child run his or her fingers through it once a day.

For poise,
walk with the knowledge that you never walk alone.

People,
even more than things,
have to be restored, renewed, revived, reclaimed, and redeemed;
never throw out anyone.

Remember,
if you ever need a helping hand,
you will find one at the end of each of your arms.

As you grow older,
you will discover that you have two hands;
one for helping yourself,
and the other for helping others.

Real Beauty Seminar

Resources



Included on the CD are resources for the presenter:

- ▶ PowerPoint presentations for each section that lead the participants through the program
- ▶ Real Beauty Participant Journal file so you can print your own journals (a pre-printed version is available from www.adventsource.org)
- ▶ PDF files for the leader