

# **Beyond The Looking Glass**

**Body – Image & Self – Esteem.**



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## **Beyond The Looking Glass Body – Image & Self – Esteem.**

Produced with teenagers in mind, this film discusses self esteem through honest commentary from a group of teenagers from different backgrounds. Topics include **“Looks”, “Your Body”, “Media”, “Gender”, “Love”, “Feeling Connected”, “Role Models”, “Empowerment”** and **“Uniqueness”**. To guide you through the wide ranging discussion we rely on the knowledge of Dr. Rita Freedman, a clinical psychologist, Educator Patricia DeBarbieri and plus size model Carolyn Strauss

### **TIME LINE**

<b>00. 00. 09</b>	Titles and introduction.
<b>00. 01. 18</b>	Vox Pops - attraction.
<b>00. 01. 56</b>	Carolyn Strauss – defines beauty.
<b>00. 02. 35</b>	Dr Rita Freedman comments.
<b>00. 02. 55</b>	Stereotypes.
<b>00. 03. 25</b>	Patricia W. DeBarbieri – negative images.
<b>00. 03. 47</b>	Vox Pops insecurities.
<b>00. 04. 22</b>	Dr Rita Freedman – body images in childhood.
<b>00. 05. 00</b>	Carolyn Strauss – her childhood recollections.
<b>00. 05. 38</b>	Media Images
<b>00. 05. 51</b>	Vox Pops – media images.
<b>00. 06. 32</b>	Patricia W. DeBarbieri – negative images.
<b>00. 06. 54</b>	Dr Rita Freedman – media images can effect self esteem.
<b>00. 07. 09</b>	Vox Pops – media and advertising.
<b>00. 07. 56</b>	Dr Rita Freedman advertisers play on insecurities
<b>00. 08. 19</b>	Carolyn Strauss – beauty fashions
<b>00. 08. 47</b>	GENDER – Different messages for boys and girls.
<b>00. 09. 32</b>	Dr Rita Freedman – why males & females view their bodies differently..
<b>00. 10. 11</b>	The female body.
<b>00. 11. 01</b>	Dr Rita Freedman – womens role and body requirements.
<b>00. 11. 40</b>	Vox Pops – what makes me feel good
<b>00. 12. 49</b>	Increase in female body fat at puberty.....
<b>00. 13. 28</b>	Carolyn Strauss – my body!.
<b>00. 14. 45</b>	Vox Pops - male body.
<b>00. 15. 37</b>	Dr Rita Freedman – mens poor body image.
<b>00. 16. 15</b>	Your own UNIQUE body.
<b>00. 16. 39</b>	ORIGINS.
<b>00. 17. 20</b>	Vox Pops – origins & self esteem

<b>00. 19. 00</b>	Come to terms with your body?.
<b>00. 19. 41</b>	Carolyn Strauss .
<b>00. 20. 05</b>	Vox Pops – how I look.
<b>00. 20. 34</b>	Dr Rita Freedman – take control
<b>00. 21. 10</b>	LOVE.
<b>00. 21. 25</b>	Vox Pops - love.
<b>00. 22. 17</b>	CONNECTIONS.
<b>00. 22. 51</b>	Vox Pops - connections.
<b>00. 23. 48</b>	Dr Rita Freedman – role models.
<b>00. 24. 23</b>	Vox Pops – role models.
<b>00. 25. 34</b>	EMPOWERMENT.
<b>00. 25. 44</b>	Carolyn Strauss - Responsibility.
<b>00. 25. 56</b>	Vox Pops – decision making.
<b>00. 26. 49</b>	WORTHWHILE.
<b>00. 26. 59</b>	Vox Pops – feeling worthwhile
<b>00. 27. 50</b>	YOU ARE UNIQUE.
<b>00. 28.59</b>	Carolyn Strauss – I am unique.
<b>00. 29. 15</b>	Dr Rita Freedman – embrace yourself.
<b>00. 29. 48</b>	Vox Pops – looks don't matter .
<b>00. 30. 27</b>	Summary.
<b>00. 30. 55</b>	End Credits.

### **RELEVANT WEB SITES**

**Teaching Self Esteem:-** [http://loveourchildrenusa.org/parent\\_teachgirlselfesteem.php](http://loveourchildrenusa.org/parent_teachgirlselfesteem.php)

The media and self esteem. [www.edauk.com/sub\\_effects\\_of\\_the\\_media](http://www.edauk.com/sub_effects_of_the_media)

What is self esteem?. [www.netdoctor.co.uk/sex\\_relationships/facts/selfesteem](http://www.netdoctor.co.uk/sex_relationships/facts/selfesteem)

**Build self esteem:-** [www.thesite.org/healthandwellbeing/mentalhealth/bodyimageandselfesteem/buildingselfesteem](http://www.thesite.org/healthandwellbeing/mentalhealth/bodyimageandselfesteem/buildingselfesteem)