

*“Empower, Educate, and Encourage”*

# GIRLS IN ACTION (GIA)

## *Bi-Weekly Talk*

March 15, 2011

### GIAgirl Talk Session: "Media and Self-Esteem in Girls"



**“Girls Empowered”**

Girls In Action GIAgirls Talk Session "Media and Self-Esteem in Girls" Talk Session was scheduled, Saturday, March 11th at 4:00PM. We had a total of 10 girls in attendance, ages range from 8 to 15 years old and 6 volunteers. The majority of the girls who attended this week's session were new to GIA's outreach program. The girls were very interactive with the adult facilitators and each other. We started our session by introducing ourselves. The girls and volunteers were asked to tell us: "Their names, age, name of school (if applicable), and Why do they feel like they are apart of God's Team." Each girl received an inspirational bracelet with the wording "God's Team" on it.

After the introduction, I shared with them the topic of session. I also informed them, “What is body image,” “plastic surgery” and the “dangers of plastic surgery” by altering your appearance to look like celebrities or what society portrays as beautiful. They were each asked if they would get plastic surgery to look like Kim Kardashian. (see picture below) It was shocking to learn that a few of them did not know who she was.

Before asking them if they would consider plastic surgery, I informed them that they were **"Beautifully and Wonderfully"** created by God in His image and likeness. However, those young ladies have very high self-esteem and like the way they look. I was very proud of their responses. The reason they were asked if they would change their appearance to look like Kim because a woman posted on Kim's twitter page that she was considering plastic surgery to look just like her. The woman's husband loves and worships Kim. The wife felt that if she had plastic surgery to look just like Kim that her husband would not leave her. They were also asked if they would change their appearance to impress others. However, I wonder if the woman knows that Kim had surgery to look the way she looks now.



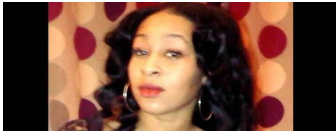
Kim Kardashian October 27, 2006

Kim Kardashian November 7, 2009

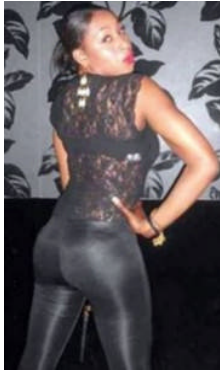
After they were asked if they would consider plastic surgery, they were each handed a before/after picture of celebrities (Michael Jackson, Lil Kim, Kimora Lee-Simmons, Janet Jackson, and others) who had plastic surgeries. The GIAgirls and volunteers expressed their personal views and thoughts about plastic surgery and how their appearance may have shaped their self-image.

We discussed "Is having a coke bottle body worth your life?" It won't matter if you have a "dunk" when you're six feet under. Sadly, some women and girls are under so much pressure to fit unrealistic beauty ideals that we harm our bodies and seek out dangerous extremes that can end up killing us. The adult volunteers expressed to the GIAgirls to learn to honor and love themselves the way we were created. We are beautiful exactly the way we are! The girls and volunteers both said that her surgery was not beneficial because she is now deceased. They also talked about other celebrities who have lost their lives or put themselves at risk for plastic surgery.

**BEFORE**



**AFTER**



# PRETTY GIRLS ROCK

The GIAgirls and Volunteers were excited when I mentioned the song "Pretty Girls Rock" They all started to sing the lyrics and dance to their very own beat. We asked them how the lyrics to the song make them feel. The majority felt that it boosted their confidence and made them feel that it is okay to be confident about feeling pretty. It was mentioned that Keri Hilson was known for Empowering Girls. Do they think her video of "The Way You Love Me" depicts that message? Why or Why not? They never have seen the video so we skipped that discussion. I strongly believe that we will have a "Media and Self-Esteem in Girls" Part Two session. However, "The Way You Love Me" video is a totally different message than "Pretty Girl Rock" Song by Keri. I asked them what do they think about girls "Who doesn't feel pretty" might think when they hear the lyrics to "PGR." Their responses were totally different than what I expected. They said that the PGR lyrics would inspire the girl to feel pretty about herself and boost her self-esteem. I was so proud of them. We will have a part two for this session because I want to discuss both videos and so we can have a much-needed dialogue with girls about sexism, empowerment, sexuality messages in the media and society about women/girls role in relationships. We ran out of time. I wanted to ask the girls about their celebrity role models and share why they admire them.



## **SPEACIAL THANKS TO VOLUNTEERS & GIAGirls**

I want to give a special thanks to all the volunteers and GIAParents who attended last week GIAGirls Talk session. The volunteers are Halima, Kim, Nikki, Robyn, Katina and her friend.

### **GREAT NEWS:**

After the session ended, Licensed Hairstylist and Teacher, Katina Rayford informed us that she will ask her school to volunteer at the GIAGirls Spa Day. The princess Divas will be treated and pampered like the princesses they are.

On Monday, March 14, 2011, Ikisha Little, Founder of GIA received an email from Mrs. Emani White, Founder of "In My Sister's Shadow" asking if she can be a guest speaker at one of GIAGirl Talk Session to speak with the girls about overcoming painful situations in their lives. We gladly accepted her offer.

The session closed with each girl signing up to join GIA's "Readers Are Leaders" Book Club, Fun Fiction for the Thinking Girl. They were excited to join the book especially when they learned that the books are theirs to keep. They can add them to their personal library. The tweens are reading "Just Kidding," by Annie Bryant. The teens are reading "Trouble In My Way," by Michelle Stimpson. I am looking forward to hearing their discussions about "Friendship, Betrayal, and Trust" which coincides with our upcoming Talk Session.

**TO SUPPORT GIRLS IN ACTION LITERACY INITIATIVES, Visit their Amazon.com Books Wish List TO PURCHASE & DONATE A BOOK(S) - <http://amzn.com/w/2GGK5MPGI6S8W>**

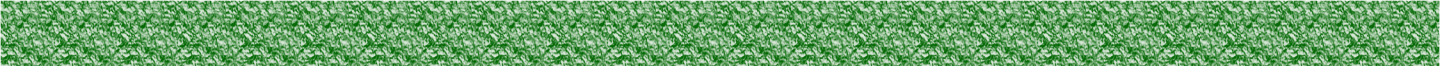
**The next rap session is Saturday, March 19, 2011 at 4PM.**

**Topic: "Mean Chicks & Cliques: Take A Stand Against Bullying"**

**Sursum Corda YOUTH CENTER**

**1175 1st Terrace NW**

**Washington DC 20001**



**GIRLS IN ACTION (GIA)  
ATTN: IKISHA LITTLE  
PO BOX 1169  
WASHINGTON DC 20013**