

Beauty Standards Presentation

Key Points

In this document, there are key points to address during the Beauty Standards Presentation.

Tip: For an engaging presentation for your audience, it is always best practice to not read directly off of the slide or your notes. We recommend that you familiarize yourself with the following key points and the presentation itself before your present it.

SLIDE 1:

- Title
- Provide explanation of what you will be talking about today.

SLIDE 2:

- Beauty standards can be a sensitive topic, so it's important that everyone feels respected while we are talking about it. Here are some community guidelines that will help create a safe environment for all.

SLIDE 3:

- Let's do a thought experiment to illustrate how beauty standards have affected us—even subconsciously
- *Listen to people's answers, write them on the board if you wish. If there is silence, offer up one of the examples from the next slide.*

SLIDE 4:

- *Read off the suggested answers, especially if there are some not mentioned by the group.*

SLIDE 5:

- What exactly are beauty standards?
- *Read the definition off the slide.*

SLIDE 6:

- Beauty is subjective and varies around the world, depending on region and culture.
- This is a result of different gender roles each society has.
- This diagram shows one theory to how beauty is defined: through exterior, inner beauty, culture, and times.
- *Ask the group: how is your perception of beauty formed?.*

SLIDE 7:

- An example of the different beauty standards is the ideal condition of teeth.
- *Read the slide.*

SLIDE 8:

- Gender stereotypes plays a key role in the way each gender is viewed in society.
- Thinking about your culture and upbringing, what is your definition of masculinity and femininity?
- *Give the group time to think, and then ask them to share aloud.*

SLIDE 9:

- Just alike beauty standards, the concept of masculinity and femininity is subjective. It varies for each person.
- *Read the slide.*

SLIDE 10:

- What are some impacts of beauty standards?

SLIDE 11:

- Body shaming culture is one prevalent negative impacts of beauty standards.
- Body shaming culture is institutionalized hatred of our physical appearance.
- Some places that promote this behavior is in cosmetics, fashion industry, social media, and photoshop.
- What are some more places in society that promotes this behavior?

SLIDE 12:

- Here are some statistics that help illustrate how and who beauty standards affect.
- What do you think is the connection between beauty standards and eating disorders?

SLIDE 13:

- Many of us have heard of self-esteem, however do not recognize the importance of it.
- *Read the slide*

SLIDE 14:

- These are some tips to raise self-esteem.

SLIDE 15:

- Here are some resources and ways to find mental health care.
- *Provide time for members to write down the resources or to take a photo of the screen.*