



America the Beautiful Documentary Showing Attracts Almost 200 and Provides Audience with a Call to Action

The documentary, *America the Beautiful*, attracted almost 200 young people, parents, health teachers, youth workers, and school social workers when it was shown on September 28 at Niles North High School in Skokie. Darryl Roberts, the film's director, writer, and narrator and Matthew Selekman, MSW, LCSW, local expert on adolescent self-harm, led the discussion following the movie, which explored America's obsession with beauty and physical perfection.

Links sponsored the event along with Haven Youth and Family Services, JCARES, Response, and Niles North High School. Art & Soul; be.ology; Center for Faith and Community Health Transformation; Jewish Child & Family Services; Josselyn Center; SHALVA; Jeremy Warner, MD; Womencare Counseling Center; and Youth Job Center of Evanston were supporting partners.

Attendees were sent home with a Call to Action including suggestions for addressing the obsession, which is contributing to a rise in low self-esteem, body disorders and unhealthy behavior in young women and girls—the beauty industry's largest consumers:

Call To Action

1. Compliment your children and others on their strengths, efforts, and accomplishments - not their looks or size.
2. Be media literate. Remember to question the motivations behind the images you see. Check out the Girls, Women + Media Project, an initiative that works to increase awareness of how pop culture and media represent, affect, employ and serve girls and women at www.mediaandwomen.org
3. Consider magazine subscriptions carefully after paying close attention to each publication's advertisements and the ways women are depicted.
4. Speak up when you see a display or advertisement (at a store, on television, in a magazine) that promotes an unhealthy image. Talk to a store manager or write a letter or email to corporate headquarters.
5. When you see an ad that features realistic images of women, let the store, company or product know and thank them for choosing to show diverse ages, ethnicities and body types.
6. Visit www.loveyourbody.nowfoundation.org for ideas about what you can do individually, in the classroom, or in the community to promote healthy body images (and celebrate "Love Your Body Day" in October each year).