

Problem scenario – girls

Identity and Self-esteem

Natalie has always been worried about her weight and it doesn't help that her best friend is really slim and is always noticed by the boys. So recently Natalie has become more interested in her appearance and she has begun to buy teen and fashion magazines. She spends a lot of time looking at the possible outfits that she could buy and admiring the slim bodies of the models and celebrities.

One day while Natalie was hanging about with her best friend, Trisha, Natalie showed her some of the clothes she was thinking about buying in the magazines. Trisha giggled and kidded, 'You can't wear that, your stomach will be hanging over!'

Questions

- ▶ What are the different ways in which Natalie could react to that comment?

- ▶ Do you think that Trisha cares about Natalie's weight?

- ▶ Is there a different way in which Trisha could have worded her statement?

- ▶ Does Natalie feel ugly?

- ▶ In which ways could Natalie improve the way she feels about herself (self-esteem)?

- ▶ Does Trisha's comment say more about how Trisha feels about herself?

- ▶ What should Natalie do now that she knows what her friend thinks about her?

- ▶ Is Trisha a good friend?



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