

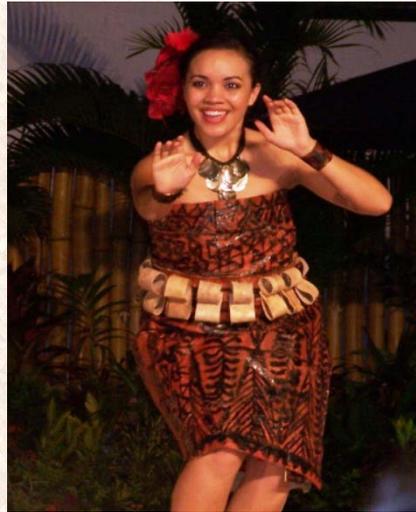


**Presenter Introduction:**

The Teen Health Spa focuses on the adolescent girls desire to be “beautiful,” but first we must answer the question, “What is ‘beauty’?” The purpose of this presentation, is to help the girls internalize the concept that “beauty” comes from within, and a “beautiful” body is a “healthy” body. This can be a difficult concept to convey. Adolescent girls are bombarded by thousands of images from the media everyday which heavily influence their perception of physical beauty. They are also affected by what their peers think, and being accepted is a natural desire at this stage of life. Comparing themselves to the media, or even to their peers, can cause adolescent girls to have low self-esteem and poor body image. Girls who have a positive body image and higher self-esteem are more likely to engage in healthy behaviors, which in turn will help them feel and look better.

Throughout these slides, the following key messages will be reinforced:

1. Healthy = Beautiful
2. Focus on becoming healthy
3. Take pride in the Pacific Islander culture and draw from your traditional practices.



Healthy = Beautiful

This presentation is designed to help us focus on health and how it effects how we feel about ourselves (which is often referred to as 'self-esteem'). There are many different definitions of "beauty," but the truth is, a "healthy" body is a "beautiful" body. And a healthy body is a body that eats healthy foods, gets regular physical activity, and gets plenty of rest – all those things we've been learning about together. When we are healthy and take care of our bodies, we feel good about ourselves and our appearance - we smile, we stand confident, we are naturally our most "beautiful" selves.

## Mass Media



One way our perception of beauty is influenced is by the media. Even though the women shown here aren't Pacific Islander women, we see them on magazine covers and in the movies. The media often portrays unrealistic images of what "look" is "beautiful." When we see so many of these images day after day, we start to think that's what we should look like. We often feel like our bodies are unacceptable - like we should have a different skin color, different facial features, or wear a size zero.

## Pacific Islander Media



The media sometimes chooses to use images of Pacific Islander women that are not representative of what the average Pacific Islander women actually looks like. Over time, we can start to feel bad about the way we look if we constantly compare ourselves to these images and feel like we don't measure up. The media does a great job of making us feel inadequate if we don't look a certain way. That's their job – to sell products. If we all felt good about how we looked we wouldn't spend millions of dollars on just the 'right' makeup, hair product, soft drink, or car that will make us beautiful, popular or happy. So it's our job to be savvy media viewers. Remind yourself what the media is trying to do, don't let yourself get caught up in how you're different from some 'ideal' image; instead look around at the people whom you admire and respect to figure what 'look' is right for you.

## Beauty Comes in All Shapes and Sizes



People love their pets and enjoy that they're furry or short-haired, spotted or striped, brown or yellow, floppy-eared or tailless. We would never wish for all our dogs to look alike, in fact, most of us take pride in whatever feature makes our pet look different...so why do girls and women want to all look alike? – Like some made up 'ideal'. We need to accept how we look and embrace our differences – that's what makes us special and unique.

## We are beautiful



We Pacific Islanders are beautiful people. We're known for our glowing skin, thick hair, and bright smiles. When we take pride in our culture, we feel good about ourselves and are more likely to have healthy habits. A healthy body looks and feels better. We have good reason to embrace our natural beauty.

We are proud of our natural curves



Beauty comes in all shapes and sizes. Pacific Islanders are naturally bigger and stronger. We can be proud of our size and our curves! It isn't natural for us to be super thin like many of the models you see in magazines or on TV; it isn't really healthy either. Embrace your curves!

We are strong



**Luisa Peters of Cook Islands lifts 75+ kg**

Pacific Islanders are naturally stronger. Generally we have larger, stronger frames and a greater muscle mass than people from other cultures. We can feel proud of who we are and what we can do.

We are active



Rugby is a pretty rough sport. You need to be strong, competitive, tenacious...these Pacific Islander women show no fear out on the field.

How do you like to get active? Competitive sports, dancing, hiking, walking...?

## We are creative and artistic



Instead of focusing on our looks, we can celebrate our strengths and talents. Do you draw or play music...are you good at sports, are you funny, outgoing, kind, a good listener?...Think about your inner strengths, and then celebrate those strengths by sharing your talents with those you care about or those in need, or take time to develop an interest by taking a class or spending time with people who can teach you something new.

## We are a healthy culture



Our culture has strong family ties and good values which are important to overall health and well-being. We can take pride in the Pacific Islander culture and draw from our traditional practices.

## Healthy Tropical Foods



Our cultural foods are “natural beauty foods.” Foods such as mangos, fish, and coconuts are rich in nutrients, make us healthy, and are great for our skin and hair. When we are healthy we look and feel better.

## Beautiful Home Land



People pay a lot of money to travel to our native land for vacation. In the Islands, it can be easier to be active and stay connected to nature...flowers, fresh air, and the ocean are all around. Being active and spending time in nature makes us strong and gives us peace. Where can you find a little piece of the Islands here?...Head to the beach to hear the crashing of waves and feel the sand between your toes, the park to find flowers in bloom, or go on a hike to breath in fresh air.

# Pacific Islander Role Models...

## Follow in their Foot Steps



The following are REAL women who have greatly contributed to the studies on the health and welfare of our Pacific Islander people, paving the way for those of us in this country to lead a healthy life and make a mark in our community. We owe it to our people to continue this legacy by being active in our community, making changes in our health, and continuing to educate ourselves. We look up to these women because of their beauty and strength that glows from within.



# Lita Tangitau

Teen Advocate  
San Mateo County

[Insert pictures of role models from your community.]

## **Dr Sela Panapasa**



**Research Investigator,  
Ph.D., Brown University**



# **Leafa Taumoepeau**

**Community Program Specialist  
Pacific Islander Initiative  
San Mateo County Behavioral Health &  
Recovery Services**

# Telesia Adams

Editor, Taimi o Tonga  
and Advocate for Women  
and Children.



*Telesia Adams, deputy editor, Taimi o Tonga.  
Photo: T.Adams*



## Eunice Akiwo

**Palau National Radio,  
Speaking on the Women  
in Media Action Plan**

Discover the beauty within  
that will last you a lifetime



These women have discovered their inner beauty and they use their talents to give back to the community each and every day.

What are your strengths and talents? You may not even know yet, and that's ok. Discovering your talents is a journey that can last a lifetime.

Take time to develop your talents. To become good at something you need to keep learning, keep practicing, keep searching.

It's worth it...your inner beauty is going to far outlast your outer appearance.

HEALTHY is BEAUTIFUL



# Healthy, Strong and Beautiful



When we feel good about ourselves we will take care of our bodies and our health.  
Healthy IS beautiful!