

Background

This lesson is designed to increase cultural pride and introduce positive role models from the Pacific Islander community. It will also encourage the participants to recognize their inner beauty and strengths to improve their body image and self-esteem.



Nutrition Component

Teen girls with positive body image and high self-esteem are more likely to engage in healthy behaviors
A positive self-esteem and healthy outlook on life will help you feel and look better.
Increasing cultural pride also increases self-esteem and healthy behaviors.
Cultural foods have a higher nutritive value.



Natural Beauty Component

Adolescent girls are bombarded by thousands of images from the media everyday which heavily influence their perception of physical beauty.
Peer influence and acceptance is very important during this stage of life.
A healthy body looks and feels better.
Self-esteem is reflected in our appearance.
Cultural foods are “natural beauty foods.”

Objectives

By the end of the lesson, participants will be able to:

- 1) Describe inner traits that they admire in themselves and their friends
- 2) Identify a role model who they want to share their experience with at the Spa



Key Messages

- 1) Healthy = Beautiful
- 2) Focus on becoming healthy
- 3) Model behaviors that will strengthen your skills, talents, and inner qualities.
- 4) Take pride in the Pacific Islander culture and draw from your traditional practices.

Outline

- 1) Activity 1: *My Mini=Max Plan* Check-in (5 min)
- 2) Activity 2: *Healthy=Beautiful PowerPoint Presentation* (30 min)
 - a) Who defines beauty?
- 3) Activity 3: Friends and Inner Strengths (25 min)
 - a) How do you choose your friends?
 - b) Inner strengths
- 4) Activity 4: Role Models (25 min)
 - a) Role models
 - b) Letter to a role model and invitation
- 5) Review & Preview (5 min)

NOTE: See *Packing List-Lesson 4* for preparation instructions

Have the participants' folders at their seats. As participants arrive, they can take out their *My Mini=Max Plan Reflection* sheets* begin working on them. This is a great opportunity to check-in with them one-on-one regarding their plans.

Activity 1: My Mini=Max Plan Check-in

Ask the participants how they are progressing on their *My Mini=Max Plan*. Celebrate small improvements through a word of praise, and encourage those who are having difficulty attaining their goal.



Teaching Tip

Discuss how they feel after making these changes? How do they feel physically? How do they feel emotionally? Is it getting easier to accomplish their goal? Encourage them to self-reflect.

Have you noticed any changes since you started your plan?

When I get home from school I always have a glass of water. I used to always drink soda but now I don't really feel like drinking it anymore.

Since I've been going to bed earlier I have noticed it's a lot easier to wake up in the morning. I also don't feel like falling asleep during 5th period!

That's great! Try to remember these thoughts and feeling so when you are having a difficult time you can remember how good it feels!



Taste the Flavors: Have a *Melon Cooler** sample for the participants to taste. (Recipe can be found in the Water handout* from Lesson 1).

"Healthy is beautiful"

Activity 2: Healthy=Beautiful PowerPoint Presentation

Who defines beauty?

Show the *Healthy=Beautiful PowerPoint Presentation**. Use the Presenter's Notes* as a guide.



Teaching Tip

Slides 21-24 include role models from San Mateo County. Replace or add to these pictures with Pacific Islander role models from your local community.



Though historically less concerned about body size, as Pacific Islanders acculturate, they become more aware and less accepting of their larger body frames.



"Ideal" beauty that is portrayed in the media isn't always "real" beauty.



Historically grouped together, Asian American and Pacific Islanders actually represent at least 29 countries and 20 Pacific Islander cultures.

Activity 3: Friends and Inner Strengths

How do you choose your friends?

Provide the list of *Inner Strengths and Qualities**, and two stickie notes to the participants.



Focus on being healthy.



In the Pacific Islands, food and social relationships are important.



When you feel good about yourself your natural beauty shines through!



When we feel good about ourselves, we will take care of ourselves and make healthy decisions.



Pacific Islander women are strong and naturally more muscular and have stronger bones.



Traditional Pacific Islander foods are very nutritious. For example, yams are considered the best vegetable!

We made a list of why these people are our friends. They are (read examples). Did you notice no one said they are friends with someone because they are thin? Or because they have pretty hair?

Ask them to think about their best friend, or someone close to them. Have them write three words that describe why they are friends with that person on one stickie note. On the other stickie note, write three words that describe what their friend looks like. They do not need to write the name of their friend on the stickie note.

Collect the stickie notes and post them on the wall, one column for why they are friends and one column for what their friends look like. Compare the different

adjectives used in the different columns. Discuss how they choose their friends based on their inner strengths and qualities rather than what they look like.

Inner Strengths

Give each participant a Doll cutout*. Have the girls write their name, and decorate the doll. Inside, they write their inner strengths or qualities.

Teaching Tip
If time allows, have the girls exchange dolls so they can acknowledge their friends inner strengths and qualities.

Do you think your friend would describe themselves the way you described them? How do you think they would describe you? What inner strengths do you like about yourself?

“Healthy is beautiful”

Activity 4: Role Models

Role Models

Discuss role models in their life and culture and why they are important.

Besides your friends, who else do you look up to? What do you admire in them? Why are they important to you?

Letter to a Role Model and invitation

Ask the participants to each think of a female relative who has been a role model for them. This adult can be their mother, grandmother, aunt, or any other female relative. Have each participant use the Letter to Role Model Stationary* to write a letter inviting the relative to a Pacific Islander Health Spa and explaining the purpose of the spa. As they write the letters, they can share what they admire about their role models. Participants will hand deliver the letter and *Pacific Islander Health Spa Invitation**.

Teaching Tip

Because some guests will not be able to attend, you can allow the participants to invite more than one person if they cannot choose, or have two people in mind to invite.



Have a list (and photos if possible) of positive Pacific Islander role models in their community. You may have included these in your PowerPoint already.

Review & Preview



Teaching Tip

Give lots of exciting details about the upcoming Pacific Islander Health Spa so the participants are motivated to encourage their guest to come to the spa.

- 1) Ask each participant to share the most important lesson she learned today.
- 2) Ask each participant to share one strategy she will use that week to work toward her goal.
- 3) Give a quick preview of the next lesson.

NEXT WEEK: Review of lessons 1-4 and plan for the Pacific Islander Health Spa that the participants will host.

Have the participants put all their materials and handouts in their folders. Collect the folders.