Name:_____
Date: _____

Fashion and body image

Group I

Read the text 'Keke Palmer on promoting positive body image' and answer accordingly.

Keke Palmer on Promoting Positive Body Image

The nineteen-year-old actress sparked conversation about beauty and confidence by leading a march for Dove's Self-Esteem Weekend in New York's Times Square.

Dove has worked to promote awareness about unrealistic beauty ideals by teaching young women to feel good about their appearances. Dove's "Movement for Self-Esteem," started in 2010, provides women across the world with opportunities to mentor, inspire, and motivate girls. We spoke to Keke about why she's joined the campaign and how she strives to overcome body image issues of her own.

Why did you partner up with Dove?
"I always try to set a positive example for my generation and promote confidence. Dove has been working on this campaign for three years, and I was asked to be a part of the brand's annual event to be a mentor and help young girls develop healthy relationships with beauty. It's about starting the conversation of, 'how do you feel about yourself? What are ways to make you feel better?' I'm aiming to help girls deal with insecure feelings and teach them ways to feel better about themselves."

You're only nineteen, so you're close in age to the girls you're mentoring. How does this impact the advice you give them?
"It affects it greatly because the girls don't feel judged. It lets them know that there's someone who feels exactly like them—somebody that they're familiar with. It's definitely impactful for me personally because I know how they feel firsthand."

Have you struggled with body image issues yourself?
"Absolutely. I was bullied a lot as a kid in school from kindergarten up to third grade. I know what it feels like to be left out and to want to be different—more so, to want to not be different and want to just fit in. As a teenager, you second-guess yourself. On top of that, being in movies and on television can make me even more self-conscious because so many people are looking at me, and I don't know what they're thinking. People can be overly critical."

What message do you hope to convey to girls?
"If you focus more on the inside, you'll feel just as great about the outside. I feel attractive when I'm doing good and helping people."

Do you have any acting projects lined up?
"My movie called *Abducted* just came out on Lifetime. It's a true story about a girl named Carlina White who was abducted as an infant, and found her parents when she was 23. It's challenging when you play a real-life character. You want the person to feel good about how you make her seem. I'm very excited for Carlina to see the movie."

Adapted and abridged, *Keke Palmer on promoting positive body image*, Teen Vogue, My life [online], [consulted on Feb. 16, 2014]. Visit http://www.teenvogue.com/my-life/2012-10/keke-palmer-dove-self-esteem

LIVEWORKSHEETS

1. Match the words on the left with their synonyms on the right.

I	**II**
1. sparked	a) initiated
2. strives	b) harassed
3. impactful	c) struggles
4. bullied	d) striking

2. Choose the correct option.

Dove's campaign purpose was...

a) to sell their products to make woman feel more beautiful.
b) to promote the beauty of models.
c) to increase women's self-esteem and promote discussion on body image.

3. Find synonyms in the text for the following words.
a) consciousness (paragraph 2)
b) problems (paragraph 2)
c) looks (paragraph 2)

4. Decide if the following sentences are true [T] or false [F].

a) Dove wants to show girls that they have to be thin to be considered beautiful. _____
b) Keke Palmer has joined the campaign to help increase girls self-esteem._____
c) Keke doesn't have problems with her image and never did in her youth._____
d) The purpose of the campaign is to make girls develop healthy relationship with beauty patterns._____

5. Choose the correct option.

Keke's task as a mentor consists in...

a) using her image to promote Dove's products.
b) helping girls to deal with image issues.
c) convincing girls they have to look like her.

LIVEWORKSHEETS