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I'm a Barbie Girl, In a Barbie World

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I'm a ~~Barbie~~ Girl, In a Barbie World



A look inside
the world of
beauty in
society



- ~ Anorexia
- ~ Magazine Ads
- ~ Disney effect
- ~ Pro Ana
- ~ Thinspiration

Are you a
BIG girl in
a SKINNY world?

*Cover photo of Valeria Lukyanova, who surgically enhanced herself to become the "human Barbie." She has had more than 90 operations and weighs just 94 pounds.

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The Beauty Myth

The Beauty myth, by Naomi Wolf, criticizes the fashion and beauty industries as exploitative of women. She makes the argument that as women have gained increased social power and prominence, expected adherence to standards of physical beauty has grown stronger for women. There is so much pressure for women to look a certain way, and if they don't, they are not considered beautiful by society.

The way society views beauty is TOXIC

Representations of beauty

Winner of Miss Bumbum Brazil, Carine Felizardo

Images from Cosmopolitan mag.

HOW TO TALK DIRTY...

WHY EVERY GIRL NEEDS A TROPHY GUY

P.S. The Sexiest Thing You Can Do on a Date

4 Steps to a SEXY ASS

I got these articles from Cosmopolitan magazine. These are just a select handful but there is a pattern. Two things are evident here: one, it enforces sex and sexual language and two, it caters to the male and his fantasies.

Everything I've learned about beauty has originated from the first beauty mag. I picked up at a dentist office. Every woman on those glossy pages was beautiful and as I realized later, completely fake. Fake boobs, fake facial features, and airbrushed.

What I Know About Beauty (So Far)

Patriarchy Standards Pressure sex aka what society has told us

You'll want to do it in the morning. Sometimes twice a day.

Get ready for the contact return.

Society seems to sexualize EVERYTHING. From a bacon cheeseburger to shampoo, products and women are sexualized

Can we change how society views BEAUTY? Men and women participate in the beauty myth.



Trashy, slutty, sexy clothes = GOOD in society

Sexualized advertisement for shampoo

Society makes us idolize celebrities



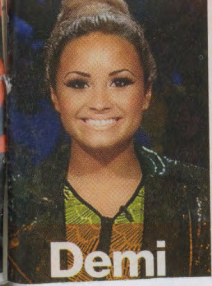
Heidi



X-Tina



Tyra



Demi



Brit



Mariah!

*Images courtesy of Cosmopolitan and US magazine

TOO THIN? TOO FAT?

Women feel as if they are never good enough. That's because society puts so much pressure on women to be thin. Celebs such as Jessica Simpson, Adele, and Christina Aguilera receive fat-shaming comments and magazine covers urge us to lose 5-10 pounds. Women must be skinny to be beautiful. This leads women feeling like their never thin or sexy enough for men.



It's just TRUTH



Anorexia Statistics.

- The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of ALL causes of death for females ages 15-24
- Only 1 in 10 people with eating disorders receive treatment
- 95% of those with eating disorders are between the ages of 12 and 25.
- About 50% of people who have been anorexic develop bulimia or bulimic patterns

- CA survey found 60% of high school sophomores had tried to lose weight
- Out of the surveyed group aged 13-15, 73.6% of the girls had tried to lose weight
- Out of those girls, 84% had tried dieting before age 14!*

* STATS FROM 2004 ARTICLE ON NATURALNEWS.COM

*Images from Cosmo magazine

Images courtesy of Google Images

Disney Princesses. It's rare to stumble across a little girl who doesn't have a favorite one. Who could blame them?

There's so many options:

the tall, skinny, white one,

the tall, sleeping, skinny

white one, or the tall,

skinny, brunette one.

There's a mermaid

with red hair thrown

in the mix, but

the Disney

princess

This 8 years, when industries that

DIETING

COSMETICS

THE Disney Effect

**BEAUTY MYTH
★ STARTS
HERE**

motif is the first exposure that young girls have to the beauty myth in society. A children's psychologist believes that children as young as 2 years old are shaping their ideas of love & beauty via the Disney princesses. They are engraving in the youths mind that for a prince to come save you or to be held valuable, you have to be itty-bitty & white. Even their "ethnic" princesses still look primarily white. The Disney effect is the beginning of the Beauty Myth distorting the minds of young women. They are being groomed to think that if you don't look like a princess, you are worthless. Thinking carries into these children's adolescent they can become legitimate consumers to the 3 benefit from tweens' insecurities

BIG 3

COSMETIC SURGERY

WEEK 1 2011 DAILY MAIL ARTICLE

WORSHIP BEAUTY



FEEL A PRESSURE

IMAGES BULLETIN MAGAZINE, OCTOBER 2012



FEEL BAD ABOUT YOURSELF

BUY PRODUCTS

To look "beautiful":

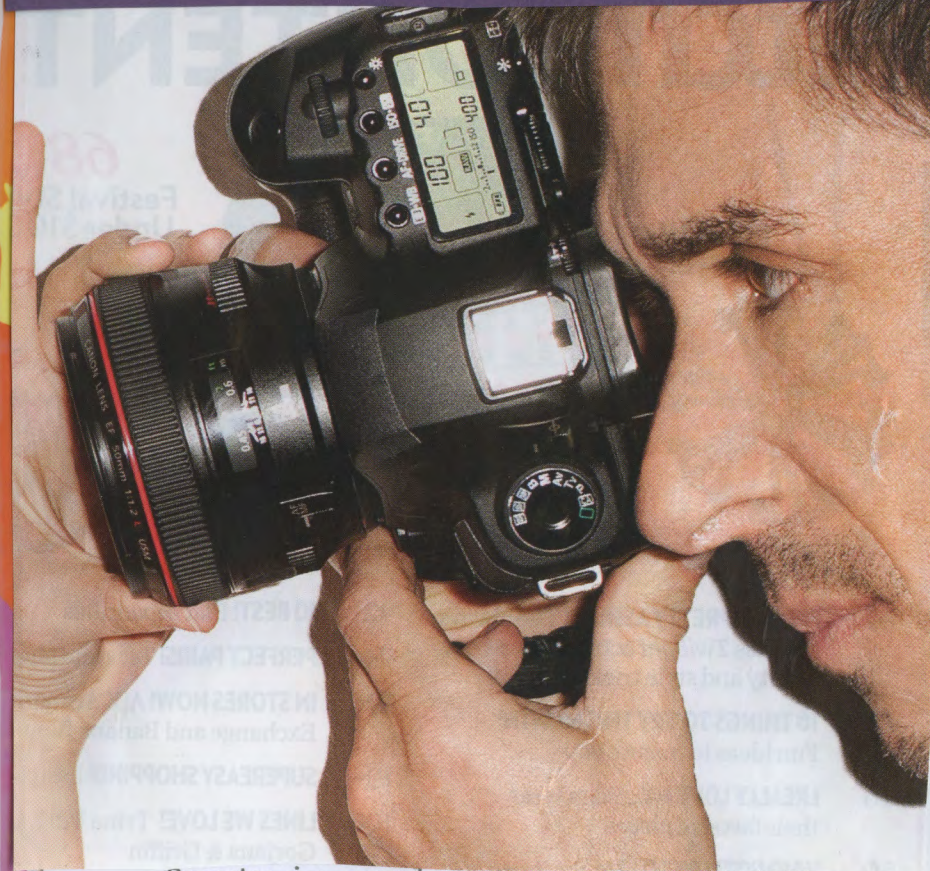
- BIG EYES
- HAIRLESS
- PERFECT SKIN



Beauty standards call for unattainable youth that is **only** reached with the aid of the BIG 3.

Sounds like the description of a child?!

What Guys Really Think!



Beauty is complex. It means different things for different people. We are even forced to ask ourselves if beauty is in fact something that really exists or if it is simply a social construction of what is considered "hot" by the male eye or envied by women consumers.

What I find most interesting about the concept of beauty is the male perspective of something so individual, personal and subjective.

*images from Instyle mag + fitness mag.

D-E-F-I-N-I-T-I-O-N = 0 * O F * 0 = S-E-X-Y =

PERFECT 10 =====> SMOKING HOT DOLL =====> Busty 42 DDD =====>

Through the media and even through simple interactions, it is patently clear that women are often objectified, as though they are solely body parts, and/or sexualized, even very young girls are subject to this sexualization. The idea that women are placed on the earth strictly to satisfy men and be seen as these dolls that should epitomize the beauty "ideal," ultimately promotes low self-esteem and a double standard for women that is simply unattainable. If a woman dresses in a tight V-neck shirt and shorts, for example, she is looked upon as a "slut" or "whore" while, at the same time, if she is wearing baggy clothes that cover "too much," she is considered a "prude." It is this acceptance and acknowledgement that one is hot and gorgeous that feed or sucks away women's self esteem.

Slut shaming and these constant judgments need to stop for the good of society. Although not judging others by appearance is difficult, we really need to try our best and forget aspirations to strictly please and fit this unreachable idea of perfection. We are all beautiful and we all have different definitions of what the word "beautiful" even means, so be who you want to be and throw all the judgments out the window.



*images from people mag.
*fitness mag.

What is a ProAna Community?

It is a community that PROMOTES and Encourages anorexia. It ultimately teaches women how to be "good" anorexics, provides a "support" group for people trying to lose weight, and even has a "THINSPIRATION" gallery that aims to motivate women to become SMALLER and smaller, almost invisible. The photos that are supposed to motivate and inspire, ACTUALLY make women feel bad about themselves to the point where one's self-esteem sinks BELOW zero!

You don't have to LISTEN TO the voices ♡

*images from google images

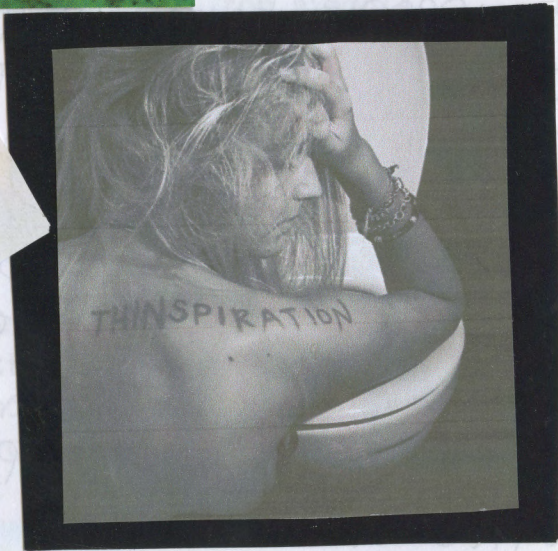


Photos similar to these appear in ProAna's website
↑
"thinspiration" gallery



Find:
 - YOU
 - ARE
 - BEAUTIFUL

BIG GIRL
 in a **SKINNY**
WORLD



Also, what is up with the idea that women are supposed to **SHRINK** in size and become passive visions of perfection when men are encouraged to grow **BIGGER**, stronger, more demanding + aggressive?

*Images from google images + fitness mag.

“The beauty myth of the present is more insidious than any mystique of femininity yet. A century ago, women slammed the door of the doll’s house; a generation ago, women turned their backs on the consumer heaven of the isolated multi-appliance home; but where women are trapped today, there is no door to slam. The contemporary ravages of the beauty backlash are destroying women physically and depleting us psychologically. If we are to free ourselves from the dead weight that has once again been made out of femaleness, it is not ballots or lobbyists or placards that women will need first; it is a new way to see.”

-Naomi Wolf

“The Beauty Myth” (pg. 187).