

## LOOKISM & HAIR

YOU ONLY FIX SOMETHING, WHEN IT'S BROKEN.  
AND YOU - ARE FAR FROM BROKEN. — ABHIJIT NASKAR



It's a Head Thang.....	19
Myth and Mask .....	20

BIG QUESTIONS: Is a person's success influenced by physical appearance?

Are some groups of people more impacted by lookism than others?

What actions and words demean us based on physical appearance?

### WHAT IS LOOKISM?

1. Prejudice or discrimination against individuals or groups, based on their appearance.
2. Favoring those whose body types and ethnicities match one's cultural expectations.
3. Forms of Lookism might include weightism, ageism, ableism, racism, hair-ism...

### SELF-AWARENESS

Rate your own physical appearance on a scale from (1 = least attractive to 10 = most attractive)

Consider such things as

- Facial features
- Weight/Shape
- Skin tone
- Hair
- Teeth/Smile



What score did you give yourself and why?

Hold onto that number because we will refer back to it.

### VIDEO REFLECTION— Lookism

1. Watch the following three videos and discuss the information presented.
2. After the video discussions, write a reflection about your physical appearance, times you've been accepted or rejected and your self-esteem. Consider the score you gave yourself on attractiveness.

VIDEO: [HOW ATTRACTIVENESS AFFECTS THE WORKPLACE](#) (2 MIN 56 SEC)

VIDEO: [WHAT HAPPENS WHEN STRANGERS GET REAL ABOUT BODY IMAGE?](#) (4 MIN 52 SEC)

STRANGERS TALK TO EACH OTHER THE WAY THEY TALK TO THEMSELVES

VIDEO: [DOVE REAL BEAUTY SKETCH](#) (3 MIN)

STRANGERS DESCRIBE EACH OTHER TO A SKETCH ARTIST

## HARVARD IMPLICIT BIAS TEST

### SHADEISM/COLORISM – IAT TEST AND DISCUSSION:

- Go to the following website: [IMPLICIT ASSOCIATION TEST](#)
- GO TO THE BOTTOM OF THE PAGE and
- CLICK ON “I WISH TO PROCEED” and
- CHOOSE THE SKIN-TONE IAT.
- Before you take the test, you will be asked a series of questions.
- You do not need to sign up, but you do need to respond to the questions.

### IAT SKIN-TONE BIAS DISCUSSION

After you take the test, discuss your results with a partner and how you feel about the results.  
Discuss situations that either confirm or negate the results.

- What are some situations where you have noticed shadeism influencing your perception or assumptions or the perceptions and assumptions of someone else?
- What do you feel you are/were able to do to draw attention to and change the unfair treatment of a person based on their skin-tone?

Read the following article from “Psychology Today” then continue the conversation.

ARTICLE: [“UNFAIR & LOVELY” CAMPAIGN RAISES SHADEISM AWARENESS](#)

### WEIGHTISM - IAT TEST AND DISCUSSION:

- Go to the following website: [IMPLICIT ASSOCIATION TEST](#)
- GO TO THE BOTTOM OF THE PAGE and
- CLICK ON “I WISH TO PROCEED” and
- CHOOSE THE WEIGHT IAT.
- Before you take the test, you will be asked a series of questions.
- You do not need to sign up, but you do need to respond to the questions.

### IAT WEIGHT BIAS DISCUSSION

After you take the test, discuss your results with a partner and how you feel about the results.  
Discuss situations that either confirm or negate the results.

- What are some situations where you have noticed weightism influencing your perception or assumptions or the perceptions and assumptions of someone else?
- What do you feel you are/were able to do to draw attention to and change the unfair treatment of a person based on the person’s weight?

Read the following article from the National Eating Disorders Association then continue the conversation.

ARTICLE: [HOW DOES SOCIAL MEDIA AFFECT YOUR BODY IMAGE?](#)

## WHAT IS UGLY?

Watch the following videos and read the articles on [Lookism, Loneliness, Incels and Solutions](#)  
Afterwards, discuss the information presented.

## CAN YOU THINK OF OTHER WAYS TO COMBAT LOOKISM?

1. VIDEO: [YOU LOOK DISGUSTING](#) (3 min 12 sec)
2. [MEN ARE IN TROUBLE. INCELS ARE PROOF.](#) ARTICLE
3. [HOW TO DO LIFE. GLASS MAN. LOOKISM AND LONELINESS](#) ARTICLE
4. VIDEO: [WHAT MAKES "THE UGLIEST WOMAN IN THE WORLD" FEEL BEAUTIFUL?](#) 3:50
5. [THE UGLY SIDE OF LOOKISM AND WHAT WE CAN DO ABOUT IT.](#) ARTICLE  
This article presents possible solutions and organizations.

## EUROCENTRIC BEAUTY

1. VIDEO: [MTV DECODED EUROCENTRIC BEAUTY](#) (3 min. 59 sec)
2. When the video instructs you to Google



- a. *Images of A Beautiful Woman* and
- b. *Unprofessional Hairstyles.*



Stop the video and verify the information through going to Google.

3. From your observations do you agree or disagree with the presentation of Eurocentric beauty?
4. Discuss the physical qualities that you consider to be beautiful. Narrow the features down to hair style preference. Consider color, texture, and length for both men and women. Consider what hairstyles we think most *successful* people have.

READ THE FOLLOWING TWO ARTICLES AND CONTINUE THE CONVERSATION REGARDING HAIR.

[H&M AND BLACK GIRL WITH "UNDONE" HAIR](#)

[STATES ARE TRYING TO PROTECT BLACK EMPLOYEES](#)

**WRITING PROMPTS AND/OR DISCUSSION:**

**PERSONAL RELATIONSHIP WITH & PERCEPTION OF YOUR HAIR**



- How often do you get your hair cut, dyed, relaxed, and/or styled?
- Is length, color or texture important to you?
- What is the best quality about your hair and what is the worst?
- Do you go to a barbershop or salon, or do you get it styled at home?

**ARTISTIC EXPRESSION – IMAGE COLLAGE:**

You can cut out pictures from magazines or online images as well as your own personal photos. Create an image collage– celebrating your physical appearance either what you think you look like or would like to look like. Write a reflection about how it feels to create a collage celebrating your physical features. If there is a difference between your current physical appearance and the images you choose – explain why in your reflection.

**POEM #1** IT’S A HEAD THANG ..... 19  
Read the poem and discuss the images, tone and implied message.

**SOCIAL PERCEPTION OF YOUR HAIR**

What do you think teachers and people in positions of authority think about your hair?



- Do you care what other people think, why/why not?
- What do you think your hair says about you, your social class or your click?
- Do you think the way you style your hair would ever impact an important opportunity?

**REFLECTION:** Write about a time when someone made a comment about your hair, either positive or negative.

What did your hair look like? How did it make you feel?



- If no one has ever commented on your hair, then write about a time you have complimented or teased someone for the way their hair looked.
- If you have never done that, then write about an observation of a conversation or comments you have seen between other people.

HISTORY.COM AND A VISUAL HISTORY OF BLACK HAIR

[VISUAL HISTORY OF BLACK HAIR, HISTORY.COM](#)

[PUBLIC REACTIONS TO AFRO HAIR](#) 16:53

**POEM #2** MYTH AND MASKS ..... 20

This poem should be read aloud with different voices for different hairstyles.

1. Read the poem through once silently.
2. Read the poem within a group
3. Assign different parts of the poem to various group members.  
Try to capture the tone of the stanza and the experience of the speaker.
4. Rehearse presenting the poem.
- 5a. Present the oral interpretation of the poem.
- 5b. We have explored many ideas on lookism and hair. Relate the concepts and experiences and social commentary that are expressed in the poem to the information in this unit.

**CREATIVE EXPRESSION:**

1. Create a poem about the collage you created celebrating your physical appearance.
2. Create a poem or skit responding to the person in myth and masks
3. Create a poem or skit with solution-based responses to lookism.

SEE THE [\[EXTENDED LESSON\]](#) TAB & [\[RESEARCH\]](#) TAB FOR THE EXTENDED ASSIGNMENT.