

# Shine Brighter 2<sup>de</sup>

## File 9 #EveryBODY

Video p. 81 – “What does beauty mean?”, *Thoraya YouTube channel*, 2017.

**Woman 1:** Beauty is of course in the eye of the beholder. So, beauty is just a pretty heart for someone who carries themselves in a beautiful way.

**Man 1:** It's so subjective like I wouldn't want to do that, because what it means to me it doesn't mean to you. So, I cannot define beauty.

**Interviewer:** I guess I could reword the question as like: what does it mean to you?

**Man 1:** I'm, when I'm everything that makes me happy is like beautiful. So, it's like beautiful means many different things in terms of happiness.

**Man 2:** I think something that you can keep looking at and continuing to find nuance in.

**Woman 2:** When I think of beauty, I think of something that couldn't be replaced by something else. So, it could be having a friend that you can't imagine living without like natural looking people. Um, like curves. I like that in a person.

**Man 3:** I suppose. Uh, a simple elegance. Um, it's, it's hard to define.

**Man 4:** Kind of like inner happiness to me, I guess. Uh, it can be something that's physical. It can also be something that's emotional. Um, I think when you feel like you're beautiful, it's like you're satisfied with yourself.

Audio p. 83 – Reportage sur Timothée Chalamet, “Losing out roles over his body type”, *The Hollywood Reporter*, 2024.

**Voice-over:** Timothée Chalamet is opening up about some of the roles he lost out on early in his career. The Oscar-nominated actor recently shared that he was aiming for roles in action film franchises such as *The Maze Runner* and *Divergent* when he was younger.

However, he was consistently shut down. He told *Rolling Stone UK* in a new interview: “I would always get the same feedback. ‘Oh, you don’t have the right body.’ I had an agent call me once and say, ‘I’m tired of getting the same feedback. We’re going to stop submitting you for these bigger projects because you’re not putting on weight.’” He continued: “I was trying to put on weight. I couldn’t. I basically couldn’t.” This led the actor to pursue more indie projects including *Call Me By Your Name*, which earned him a best actor Oscar nom, *Ladybird*, *Beautiful Boy*, and *Little Women*, which all ultimately led him to stardom. He said: “I was knocking on one door that wouldn’t open. So, I went to what I thought was a more humble door, but actually ended up being explosive for me.” The *Wonka* actor was eventually able to prove himself in the blockbuster space, having starred in the *Dune* franchise. Fans will next see him portray legendary musician Bob Dylan in *A Complete Unknown*, which hits theaters on December 25th.

Audio p. 83 – Interview de Ashley Graham qui parle de *body positivity*, *Arise News*, 2023.

**Journalist:** For every single person, especially in Nigeria, who wants to understand what body positivity is, this, is the embodiment of body positivity, inclusivity and I just want to say: Well done! Pretty big deal, your work with your Instagram followers, posting those very raw and rare pictures. I think it's done so much for women around the world. But why do you do that? Like, why do you feel the need to do that?

**Ashley Graham:** Oh my gosh. I just love posting photos that I wish I could have seen when I was a little girl. People that have cellulite, they have back fat, that have just like a natural real body. And I think that that's important to be yourself. I don't want to go on social media and retouch myself and alter who I am because I know that that little girl that I was needs the honesty.

**Journalist:** Mhm. You know, Ashley, every time I look at you, the one thing I just ask is, what makes you so fearless? Because literally there's so many trolls on Instagram. Some people have shut down their accounts because of those type of pictures.

**Ashley Graham:** I hate you trolls. (*Laughs*)

**Journalist:** Really?

**Ashley Graham:** Honestly, I think that when I think about a troll, I just think that like, they are very insecure. They hate themselves. And I'm not even going to like encounter that mess, especially on social media. So, block the hate. Bring on the love. Kill people with kindness.

**Journalist:** Yes!

Video p. 84 – Extrait du reportage “Social media dysmorphia”, *The Take*, 2023.

**Voice-over:** Social media doesn't just influence the way we look online. It may be permanently rewiring our brains to alter what we think we look like in real life and messing with our body images in deep ways.

**Woman 1:** I don't think my brain knows how to deal with looking like this one minute and then this the next.

**Voice-over:** We are now two decades into the age of social media, but with the reigns of Snapchat, Tik Tok, and Instagram, it's never been so easy to filter, contour, smooth, and shape our selfies into something completely different from the raw material. Devices now come with a beauty mode automatically added to the camera, regularly pushing us to stare at a supposedly better version of ourselves.

**Woman 2:** This is what I actually look like. Like, your girl just got out of bed. Okay, so watch out on those dating apps.

**Voice-over:** So, what happens when we then look in the mirror and see ourselves unfiltered? Those smoothing effects of social media filters combined with dopamine hits from likes and shares are a perfect cocktail to make us feel pretty bad about ourselves when we log off.

**Woman 3:** You need to see what I look like right now. Oh my gosh. Hold on. Let's go back to the filter. Oh my god.

**Voice-over:** What's being called selfie dysmorphia, social media dysmorphia, or a Snapchat dysmorphia is leading people to sometimes get extreme surgeries on their faces to resemble something that's not actually naturally occurring. Here's our take on the problem with trying to chase a look that literally doesn't exist.

**Woman 1:** Filtered skin is not a skin type.

Vidéo p. 87 – Reportage télévisé “Black student legally suspended for his hair style”, *Scripps News*, 2024.

**Chris Nguyen:** Developing news out of Texas this afternoon. A judge there ruled in favor of a school district that suspended a black student at the beginning of the school year for refusing to cut his locks. National correspondent John Mone is live in Southeast Texas with the story. John.

**John Mone:** Yeah, Chris, that ruling was disappointing to Darryl George and his mother. They left the courthouse in tears without comment. What we know is that Darryl George had been told by his school district in suburban Houston that he was breaking the rules about student appearance and Dress Code. This issue centering around the length of his hair, his locks. George and his family say his hairstyle is protected by a state law, called the Texas CROWN Act. It was recently enacted and protects hairstyles from discrimination historically associated with race. Before the bench trial took place this morning, George expressed his optimism and had a message to deliver to the Barbers Hill Independent School District.

**Darryl George:** It's sad that they're showing the younger generations how bad that they can be, how bad that, you can grow up, you know, and like I just said, they just need to grow up, they just need to be people, instead of being whatever they is right now.

Vidéo p. 87 – “Hair is political”, *Channel 4 News*, 2013.

**Journalist:** She is one of the most prominent of African writers, Chimamanda Ngozi Adichie, born in Nigeria, she divides her time between her birthplace and the United States where she completed her education.

**Journalist:** Chimamanda's latest novel *Americanah*, mirrors some of the experiences and divisions of her own life. It's a tangled love story set in two countries that it immerses itself in race, immigration and the power of hair.

**Journalist:** Is hair a conversation?

**Chimamanda Ngozi Adichie:** It's a political thing.

**Journalist:** Is it?

**Chimamanda Ngozi Adichie:** It is.

**Journalist:** Is it a statement?

**Chimamanda Ngozi Adichie:** Black women's hair is political.

**Journalist:** Are you making a statement?

**Chimamanda Ngozi Adichie:** I don't intend to but I do.

**Journalist:** You have it imposed on you, this statement?

**Chimamanda Ngozi Adichie:** You really do. By walking somewhere with my hair like this, people make assumptions, immediate assumptions. If my hair isn't straight, people are gonna assume you're either, they might think you're an angry black woman or they might think you're very soulful or they might think you're an artist or they might think you're a vegetarian, I mean there's all kinds of things that...

**Journalist:** Or somebody likes a lot of time in the hair salon. (*Laughs*)

**Chimamanda Ngozi Adichie:** That too! Well but no the straight hair requires a lot of time as well. But, you know I'm just interested in hair as, as a means of talking about other things. What the society tells us is beautiful? Cause you know, you look at women's magazines and these things matter. These things matter. And we look at what's on television and what is it that the larger society says is beautiful? It's straight hair. And so, you have young girls who are growing up with that in their heads and it's something I want to talk about, I want to address, I want to challenge.

## Auto-évaluation de la compréhension de l'oral

Vidéo p. 94 – “Positive Body Image”, *CVS Health*, 2023.

**Hilary Russo:** Welcome to Healthy Communities. Today, we're focused on self-image. Social media filters and images that are digitally altered have created beauty standards that are just unrealistic. Five years ago, CVS Health launched a program called Beauty Mark to show beauty as it really is: real and unaltered. Erin Condon: Beauty Mark is our commitment to transparency and to helping women, girls, boys, men have a healthier self-image. It became very personal for me to make sure that I'm doing my part in helping instill confidence in young girls and making them feel like they have a healthy self-image.

**Hilary Russo:** We talked to Cara McNulty about how social media impacts mental health.

**Cara McNulty:** The use of filters on social media has just taken off. And what it's done is it created this unrealistic perception that everyone has it all put together all the time. And what we see is that especially young women and women in general start to really then feel lonely and less than and isolated because they're thinking, “Gosh, this is what everyone looks like.”

Seeing unaltered images is profoundly important because it allows all of us to realise that everyone is beautiful. It helps normalise that we as humans are perfectly imperfect.

## Évaluation de la compréhension de l'oral – Guide pédagogique

Audio – Extrait du reportage “The effort to ban hairstyle discrimination nationwide”, *PBS NewsHour*, 2024.

**Gabrielle Hays:** The CROWN Act first introduced in California stands for Create a Respectful and Open World for Natural Hair. Twenty-three states have passed similar bills. Some states, like Missouri, have not. Kimberly Norwood, a law professor at Washington University in Saint Louis says the CROWN Act is meant to ban hairstyle discrimination nationwide, discrimination that heavily targets the black community.

**Kimberly Norwood:** It started maybe in 2019ish or so to sort of respond to a lot of employment policies and school policies that were punishing people who had hair texture like mine, pretty much punishing people of African descent and prohibiting people from wearing their hair in the natural state.

**Gabrielle Hays:** Norwood has spent years researching racial bias. She says black people should feel safe to wear their hair however they want, especially in places like schools where black students are disproportionately disciplined.

**Kimberly Norwood:** People aren't getting offers because of their hair, not because it's not clean, unkempt, because it's in braids. Because it's in an afro, because it's in locks. Right? And that is something that is pretty connected to African descendant people. So, it's a real targeted form of discrimination that woefully negatively impacts black Americans in particular.