Peulat Banot

Introduction

* Safe environment, nothing leaves the beit kenesset
* Honesty, please don’t follow your friends
* This requires no speaking
* Represent who you are
* Counselors are participating
  + You are not alone
  + At any age
* Fluidity
  + What you feel today may not be what you feel tomorrow
* Don’t over think
  + Trust your instincts
  + Interpret as you wish
  + You will not be judged
* Some of these questions may be difficult for you to answer
  + Be honest with yourselves
* You may have done similar activities
  + You are all at a turning point in your life
  + These problems are present
  + Be present
* we want you to know you are not alone
* don’t judge yourself

Statements

* I like to read fashion and lifestyle magazines
* My favorite color is pink
* I like my hair
* I think I have good fashion sense
* I like to receive compliments
* I like to give compliments
* Being similar to people is important to me
* Being different from people is important to me
* I like dressing up for Shabbat
* It takes me over a half an hour to get ready in the morning at home
* I change my outfit more than twice a day
* It would bother me if I was wearing the same dress as someone on Shabbat
* I compare myself to others
* Songs like “Anaconda” and “All About That Bass” boost my self confidence
* Songs like “Anaconda” and “All About That Bass” make me feel uncomfortable
* I look in the mirror frequently
* I care a lot about the way I dress
* I wear make up most days
* I could go a few days without wearing make up
* I feel more comfortable with make up on
* I constantly think about how I look
* I wear tight clothes
* I think crop tops are inappropriate
* I would feel comfortable in a crop top
* When I get dressed in the morning, I think about how others will perceive me
* I dress to impress myself
* When I see women on TV and in magazines I feel inadequate
* If I could, I would change the way I look
* Attention makes me feel important
* I want a boyfriend/girlfriend
* I think it is inappropriate to run in only a sports bra
* I think it is inappropriate for a guy to run without a shirt on
* Sometimes I enjoy showing cleavage
* Nudity makes me uncomfortable
* I am uncomfortable changing in front of other people
* I enjoy flirting
* I am insecure about my body
* Peer pressure affects how I pursue relationships
* I make decisions based on other people’s opinions
* I’m afraid of not being wanted
* I judge people based on their relationships
* I feel judged by my relationship experience and status
* I feel like I am worth something when I look good
* I feel confident about my body

One word

* Go around and say one word describing how you are feeling right now

Debrief

* Thank you for participating
* We appreciate your honesty
* We appreciate you
* Its okay if you agreed with conflicting statements
  + You can be insecure and confident at the same time
* Intentions
  + From wearing make up to being with boys
  + Do things for yourself
  + Don’t do things because you think that’s what you are supposed to be doing
  + You are going to feel how you feel
    - Just because you act like someone else doesn’t mean you’ll start feeling the way they feel
    - Trust yourself
* This is a judgment-free zone
  + This is a judgment-free edah
  + We need to stop judging each other
  + We need to think about how we feel when we are being judged and how we are inflicting that on other people
  + We are not saying exploring who you are and who you like is a bad thing, but the pressure to be with or not be with people, to do or not do things needs to stop
* Thank you again, hope this got you thinking self-perception/confidence

**In order for us all to have an enjoyable summer, we need to respect ourselves and others, we need to judging both ourselves and others, and bottom line we need to be nice to each other**

* Now a little pick me up, feel good activity