



Dismantling A Girl's Wellbeing

Wellbeing 2017


- Where are girls at present?
- Within themselves + wider environment
- What factors are eroding their sense of self?

- ✓ Bodies
- ✓ Sexual selves
- ✓ Friendship
- ✓ Safety

How to restore their wellbeing



How Are Girls Right Now?



Plan International Australia and Our Watch study 600 girls aged 16-19

- o Ninety percent girls felt they are not treated equally to boys
- o More than half of teen girls said they are 'seldom or never valued' for their brains over their looks.
- o One in three girls always did more house work than their brothers.
- o Almost half of girls did not feel safe on the way to school.
- o Just one in six (14%) girls felt they are given the same opportunities to get ahead in life as boys.

Girls identified higher levels of equality in Nicaragua and Ecuador

[Everyday sexism: girls' and young women's views on gender inequality in Australia](#), 11 October 2016, Plan International Australia and Our Watch

'Kids grow up much faster than they used to, and they move on faster,' Jim Silver, toy industry commentator.

- BARBIE FIGURES
- sales falling 6% to \$1.99 billion
- core demographic used to be 3 to 9
- demographic has shrunk 3 to 6

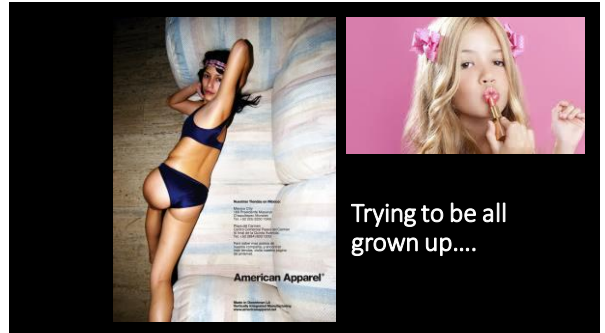



Pressure Continues to Ramp Up

"The challenges that a 14-year-old girl faced 20 years ago are the challenges faced by 9-year-old girls today," Dr Blye Frank, Dean Faculty of Education, University of Dalhousie.

Performance Culture = Identifying With A Fake Self





Strong Media Awareness Training At Primary Level

- Kids
- Teachers/school counsellors
- Parents

Raised in a predatory environment

Geolocated, bullied, stalked online

Powerful Visual Cues

Shrinking Childhoods, Self Loathing, Massive Expectations

Childhood Idols



Toxic Culture



"When you have sex with a guy, they want it to be like a porno. They want anal and oral right away. Oral is, like, the new kissing."

Toxic Legacy



"It was watching [adult star] Heather Brooke that gave me the mind-blowing skills I have now when it comes to giving a blow job." Dirty Angel," 22, blog [Tastes Like Kisses](#), who started surfing porn in her early teens

FOMO



Fear of Missing Out



Sexualised Prepubescent Girls

Study 1 Uni student's view of mental capacity and morals

Study 2 – view of these girls being bullied

* seen as lacking mental capacity and moral standing

* cared less girls had been harmed, about helping them

Elise Holland et al, Cute Little Things: The Objectification of Prepubescent Girls, Psychology of Women Quarterly, 27 August 2015

How Safe Are Young Women?


Girls 10 and 14 = the greatest proportion of victim/survivors of sexual violence (A/C based on Police Data).

Young women between 15 and 24 years were the second largest category (A/C based on Police Data).

CASA Forum, Centres Against Sexual Assault




Child Protection





Wider Environment

- One woman on average a week is killed by a partner or former partner. [Australian Institute of Criminology \(AIC\), 2015.](#)
- One in three Australian women has experienced physical violence since age of 16
Gen, P. (2015). [Violence Against Women: Research Report, Issue 1. Australian National Research Organisation for Women's Safety \(ANROWS\), College and Woodhouse, G., Hickey, L., Howe, L., McGuire, M., Gordon, V and Grarek, S. \(2014\)](#)
- One in five Australian women has experienced sexual violence. [IbId](#)
- One in four Australian women has experienced physical or sexual violence by an intimate partner. [IbId](#)
- Of these women who experience violence, more than half have children in their care.
National Crime Prevention (2001) Young people and domestic violence: National research on young people's attitudes and experiences of domestic violence. [Crime Prevention Centre](#); Commonwealth Attorney-General's Department, Canberra, and Cox (2013), see notes.

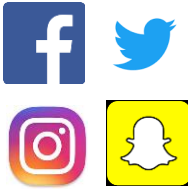


Inner Misogyny

- constant feeling of shame and worthlessness
- inner critic that won't let up
- hate themselves
- believe everything bad people say about them

Public and Private Narrative

Manage Your Brand

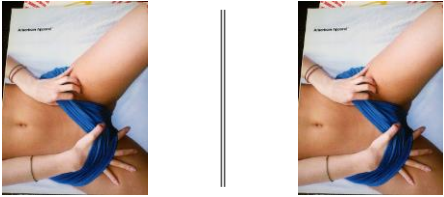




How To Be This Famous?

- US\$150 million
- Monthly average 2.2 million followers across Snapchat, Instagram and Tweets





Manage Your Assets




Powerfully, coercive images

Girls vulnerable every which way




American Apparel



YOLO

You Only Live Once

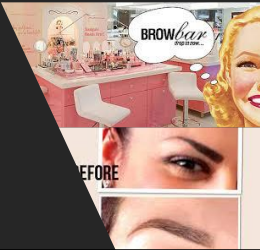
The Hair Thing



Brows

- Threading, waxing, plucking, tinting, nourishing
- £20m turnover
- Expected to grow by 15 – 20% over 2016
- Net-A-Porter offers 150 brow cosmetics

"Women used to say the one product they couldn't leave the house without applying was mascara. Now it's their brows that make them feel put-together." Jared Bailey, global brow expert, Benefit



Porn-star Trim


- To have a 'clean feeling' down there
- Pubic hair is disgusting
- 'I find it easier to get it all whipped off than to keep it trimmed,' sexpert Tracy Cox
- Oral sex is 'better'
- Waxing is already painful, so why not?



Pubic Hair Matters

- Pubic hair acts as a shield against bacteria, allergens, and other unwanted pathogens.
- Over-waxing can destroy the hair canal, leading to permanent ingrowns.

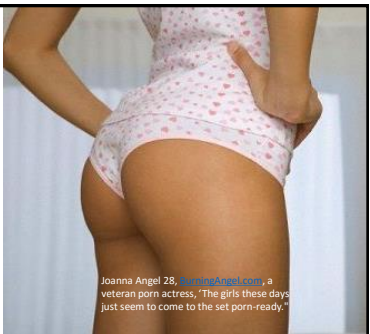
Whitney Bowe, MD, a dermatologist and clinical assistant professor of dermatology at Mount Sinai Medical School, NYC.



'GOING PINK?'

- Want to be 'spotless' and 'clean and fresh'?
- Anal and vulva lightening
- Roll it into a Brazilian treatment for \$100 - \$200
- Need ongoing bleaching
- Risks of herpes, bacterial infection, burning and scarring

Joanna Angel 28, [Bustle.com](#) model, a veteran porn actress, "The girls these days just seem to come to the set porn-ready."



2016 Cosmetic Surgery National Data Bank Statistics

The American Society for Aesthetic Plastic Surgery

- Overall
- 1.5 billion dollar increase in expenditures over the past year.
- Surgical procedures accounted for 56% of the total expenditures in 2016
- Nonsurgical procedures accounted for 44%.


The 2016 surgical procedures with the most significant increases:

- Fat Transfer to the Breast (up 41%)
- Labiaplasty (up 23%)
- Buttock Lift (up 21%)
- Fat Transfer to the Face (up 17%)

Female Genital Cosmetic Surgery (FGCS)

Labiaplasty (trimming of the labia minora, less commonly labia majora), hymenoplasty, vaginoplasty (vaginal reconstruction), mons pubis liposuction, vaginal 'rejuvenation' or laser 'rejuvenation', G-spot augmentation and Orgasm-shot.

- 2003–2013 Australia = threefold increase in labiaplasties
- Australian government statistics = 140% increase in requests for rebatable vulvoplasty from 2001 - 2013, without a concomitant rise in genital disease diagnoses.
- 447 GPs - 35% reported seeing females younger than 18 years of age requesting FGCS



Female genital cosmetic surgery: a cross-sectional survey exploring knowledge, attitude and practice of general practitioners, M Simonis, R Manocha, JJ Ong. BMJ Open Volume 6, issue 9

Female Genital Cosmetic Surgery (FGCS)

- nearly all GPs seeing women with genital normality concerns and patients requesting genital cosmetic surgery, suspected or diagnosed a range of psychological problems.
- 67% anxious
- 59% relationship difficulties
- 55% body dysmorphia
- 50% depressed
- 42% sexual dysfunction
- 28% eating disorders
- 24% history of sexual abuse



Female genital cosmetic surgery: a cross-sectional survey exploring knowledge, attitude and practice of general practitioners, M Simonis, R Manocha, J J Ong, BMJ Open Volume 6, Issue 9



The Boy Thing

BRING OUT THE BEAST

Sprite

How Am I Meant To Do All This?

Sex = Performance

Esprit

GUCCI GUILTY

\$EX = CURRENCY

No Point in Holding Back

Abercrombie & Fitch

Friends with *benefits* is another way of saying good enough to hang with, good enough to lay with, *but never good enough to be with.*

"FRIENDS WITH BENEFITS": BY TYPE

let's just be friends with benefits

customer... can i get an year health insurance?

Hooking Up Smart

HAVE NO CHOICE

Increasing Sense of Powerlessness

The Thing About Anal Sex

- 130 men and women aged 16–18 from diverse social backgrounds
- Young people's narratives normalised coercive, painful and unsafe anal heterosexual
- An urgent need for harm reduction efforts targeting anal sex to help encourage discussion about mutuality and consent, reduce risky and painful techniques and challenge views that normalise coercion.

C Martston, R Lewis, Anal heterosexual among young people and implications for health promotion: a qualitative study in the UK, BMJ Open, Vol 4, Issue 8.

How Does This Play Out?

- The main reason for having anal sex were that guys wanted to copy what they saw in pornography.
- Men and women said men wanted to tell their friends they had anal sex
- Men expected that women would generally not wish to engage in anal sex, and so would need to be persuaded or coerced, seemed to be taken for granted by many guys
- Few found anal sex pleasurable, and both men and women expected anal sex to be painful for women.
- Some men suggested that mutuality and consent for anal sex were not always a priority.
- Women being badgered for anal sex is considered normal
- Commonly circulating ideas that 'everyone' enjoys it
- Women who do not are either flawed

C Martston, R Lewis, Anal heterosexual among young people and implications for health promotion: a qualitative study in the UK, BMJ Open, Vol 4, Issue 8.

When Girls Objectify Themselves

'What troubles me is that it's like girls don't feel they have any rights. It's like they want to be objects to be desired.' **High school teacher**

After a sexting incident with boys in a car ... 'Girls are terrified of being isolated and not being seen as cool. It was like the girl could only see herself as how boys were seeing her.'

'Oral and anal sex are now just like kissing. To girls it's not really sex. When their relationship with a boy begins at this level, then the expectations are that they'll be up for a whole lot more.' **Clinical psychologist**


'From what the girls say, the boys will think nothing of asking, "Can I have sex with your friend at the same time as well". The way things are, it's like it's prudish to say no.' **Sex ed teacher**

When Girls Objectify Themselves

Teens aware of the difference in behaviour of younger kids
'You're now seeing guys and girls together at twelve and thirteen with serious commitments and doing crazy (sex) stuff. They're just kids, but it doesn't surprise me, because we're made to grow up faster.' **Daryl 17.**


Language is revealing
*'It all starts with the language – how sex is referred to. Young boys talking about "f**king a girl", "having a **ck". They wander around the school grounds saying "I'd tap that", or "I wouldn't tap that". Or they talk openly about "fingering her". It's this grotesque, yet casually demeaning way they talk about girls as sex objects.'* **High school teacher.**

Putting girls in harm's way –
'Sexual offenders have less empathy. They see their victims as objects. So the more we encourage girls to view themselves as objects without depth or difference, the more we place them at risk.' **Clinical psychologist.**



Objectification

- Habitual body monitoring
- Increase shame
- Heightened anxiety
- Diminished self awareness




What Can We Do About Girls Seeing Themselves As Objects?

Girls need to know their body is theirs and not to be messed with.
 Help them with examples *where* they might be vulnerable.
 Assistance to recognise toxic situations.

How to extract themselves:

- ✓ Role play
- ✓ Funky scripts to deal with tricky situations
- ✓ Deconstruct scenes in teen sitcoms and movies with unhelpful messages and values
- ✓ Help them integrate this material by creating ads and editorial to help younger girls




Don't Feel Safe

- 23 per cent of girls thought it was not safe to travel alone on public transport
- 17 per cent thought a girl's clothing would make them at least partly responsible for any harassment or attacks on them.
- Right to the Night conducted national survey of 600 girls aged between 15 and 19 for child rights agency Plan International Australia and domestic and family violence organisation Our Watch released May 2016.



Sexual Assault

- Australia has one of the highest rates of reported sexual assault in the world
- An estimated 70 per cent of sexual assaults incidents are not reported to police
- Bree Cook et al, Sexual Violence in Australia, Australian Institute of Criminology Research and Public Policy Series No. 36, Australian Institute of Criminology 2001




Girl's Night Out




- Eight out of ten women aged 18 to 24 were harassed on the street in the past year, Johnson, M. and Bennett, E. (2015) [Everyday sexism: Australian women's experiences of street harassment](#). The Australia Institute, Canberra.
- Young women (18-24 years) experience significantly higher rates of physical and sexual violence than women in older age groups, ABS 2012 Personal Safety Survey 2013, 13% of women in this age group reported male violence towards them in the last 12 months, the highest proportion of any age group.

Upskirting



Drink Spiking



- 4 out of 5 victims are female
- about half of drink spiking victims are aged under 24
- 20 – 30% involve sexual assault
- majority of spiking = 'prank spiking'
- concerns about under-reporting
- difficulty in reporting as there's often memory loss

* Natalie Taylor et al., National Project on Drink Spiking: Investigating the extent and nature of drink spiking in Australia, Australian Institute of Criminology 2004

Safety Training Nationwide

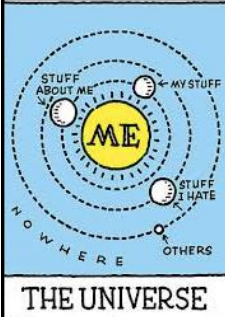


Mental Health

- Around half of all lifetime mental disorders start by the mid-teens
- Young people are most concerned about coping with stress, school or study problems and body image, 2013-2016
- Mission Australia, 2015, Youth survey report 2015
- 2007 National Survey of Mental Health and Wellbeing of adults (ages 16-85 years) the prevalence of mental disorders is highest in the 25-34 age group (24%)
- For all age groups, the prevalence of mental disorders is higher in females compared with males.
- Australian Institute of Health and Welfare 2015, Australia's welfare 2015, Australia's welfare series no. 12, Cat. no. AUS 189, Canberra: AIHW




Teens have trouble distinguishing between what they truly like and what marketers have told them to like



Brand Me


'It's as though identity, now, is externally created, not generated from within.'
Neuroscientist Susan Greenfield

New Thinking Is Needed



Media Coverage

- "We suspect that there's something about repeated exposure to violent images or sounds that keeps traumatic events alive and can prolong the stress response in vulnerable people. There is mounting evidence that live and video images of traumatic events can trigger flashbacks and encourage fear conditioning. If repeatedly viewing traumatic images reactivates fear or threat responses in the brain and promotes rumination, there could be serious health consequences."
- E. Allison Holman, Associate Professor Nursing Science at UC Irvine




What To Do With Fear?



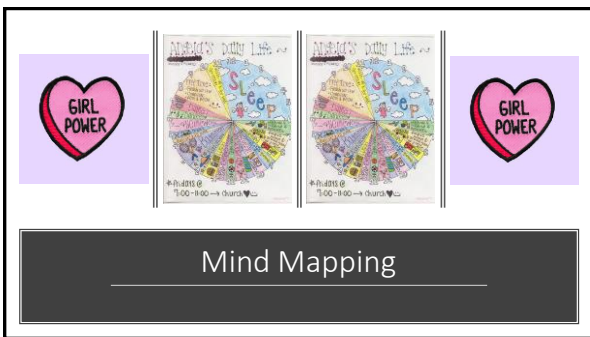
Reclaim the Space for Humanity



Every anxiety and aspiration is pure gold...




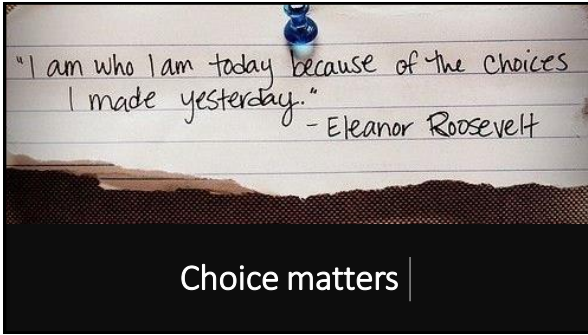
Mind Mapping



Child versus Adult Self

- Who's running the show?
- In teen's life?
- In friendships?
- My child self?
- My adult self?





FAPSA
Federation of Australasian Philosophical Societies

Philosophical and Ethical Inquiry for Students in the Middle Years and Beyond

Philosophy with young children - a classroom handbook

Something to Prove

Philosophic Inquiry

Philosophic Inquiry
Curious Mind = Innovative Mind

I HAVE NO SPECIAL TALENTS. I AM ONLY PASSIONATELY CURIOUS.
-ALBERT EINSTEIN

- Different is good
- I Don't Have to Know Everything
- It's Good to Ask Questions
- Failure Can Help Get You To Where You Need To Go

Overpowering images

- * Compelling
- * Hard to avoid
- * Isolating

Need to experience life at a human scale


Human Scale
Jan Gehl, Copenhagen

- Intimate spaces
- Human focused
- Navigable areas in cities – walking corridors
- Opportunity for connection

Human Scale Architecture

Hygge

- Creating warmth and wellbeing, comfort and connection.





Low Level Sadness

Greater affluence
Social media

Hygge

- Includes small rituals, which bring pleasure and a sense of cozyness, which help us feel nurtured, inspired.
- Shared meals, shelter from the rain and cold, a bowl of soup, a long bath, a good book



Curiosity an essential



- DID YOU KNOW -

82% of college-educated professionals wish they had more exposure to creative thinking as students!

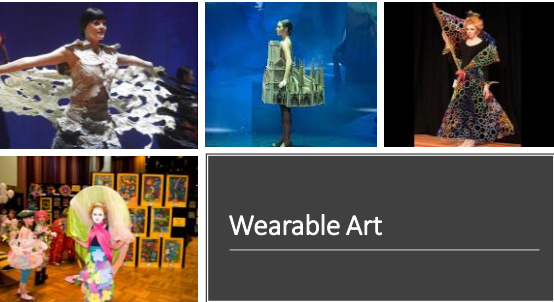
1 Source: Adobe Creativity & Education - Why it Matters Study

"Creativity is Just Connecting Things"

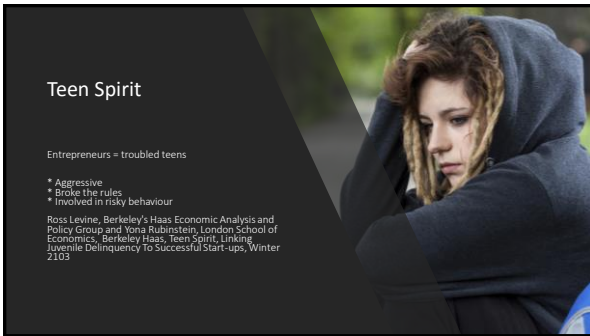
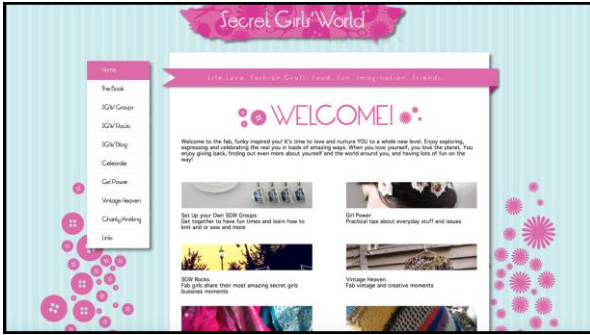
Benefits of Creativity

- Greater problem solving skills.
- Correlated with increased optimism.
- A greater sense of well being.
- Creative people are rarely bored.
- Correlated with decreased anxiety.
- Gives you a greater understanding of yourself.
- Greater self confidence.
- Creative people are better at expressing themselves.
- Creative people tend to feel more balanced.

What Needs Connecting Right now?



Wearable Art



It is up to us to create the future
we want for our girls

www.maggiehamilton.org

