


Does it Matter? *male, age 17*

>> dear diary: Does image matter to guys? Not to most of us. What someone looks like is usually less important to most guys than females realize. What most guys look for is an attitude. If a girl feels attractive, and believes that she is worthwhile, it usually doesn't matter if she's a perfect blonde bombshell or if she's a few pounds overweight. Most guys would rather date a slightly overweight person who feels comfortable and who is easy to talk to than someone who has a perfect body but is not easy to talk to, or who has no personality.

I personally have a wonderful girlfriend who is supposedly overweight. SO WHAT. She has the most beautiful eyes I've ever seen and her smile could make rock melt. She is the most beautiful person I know, not because her body is perfect and thin like a model's, but because SHE feels good about herself. If she didn't love herself, I don't know if I could.

That's pretty much it. Don't worry about your weight, just be comfortable with YOU. If you want to be thin, do it, but not because of someone else... It's YOUR body, not theirs.


WHAT DO YOU THINK?


- 1 *Do you agree with the writer, that self-esteem attracts others?*
- 2 *Are you trying to live up to someone else's image of what you should be like?*
- 3 *Could you fall in love with someone who does not fit society's definition of attractive?*


Dying to be Skinny *female, age 14*

>> dear diary: I'm what most people would call a normal teenager; I'm 14 years-old, I go to school and do rather well. I get involved in clubs and sport activities, and... I starve myself. Okay, so I am not that normal. I wouldn't say that I have an eating problem, I would say that I have a mental problem, as weird as that may sound. Every time I look at food I cringe. I think of all the fat, the calories. I look at other people and say to myself, "Do I want to get as big as they are?" or "Look how skinny she is."

Every day that I go without eating I feel more successful. This little voice in the back of my head scolds and lectures me if I even think about eating something. I'll lie to my parents and tell them that I am sleepy or that I am doing homework just so I don't have to eat dinner with them. This disease controls my life. I am its prisoner, but I like it. I want to be skinny like the Victoria Secret models you see in the ads. As crazy as it sounds, I don't want to be cured. Like I said before, it's a mental illness, one from which I can't escape. I won't stop until I reach perfection even if it means starving myself. I am dying to be skinny.


WHAT DO YOU THINK?


- 1 *Do you have a little interior voice that talks to you? If you do, what does it say?*
- 2 *Do you have an obsession that controls your life?*
- 3 *What do you think when the writer says, "I am dying to be skinny?"*