

The Secret Weapon: Self-Esteem

by Stephen Elliott-Buckley - Monday, December 16, 2013

<https://politicsrespun.org/2013/12/the-secret-weapon-self-esteem/>

It's Monday.

Have you contributed positively to a young girl's self esteem yet today?

If not, here is some inspiration and a place to get better resourced!

“As a child, I never heard one woman say to me: ‘I love my body.’ Not my mother, my elder sister, my best friend. Not one woman has ever said: ‘I am so proud of my body.’ So, I make sure I say it to Mia, because a positive physical outlook has to start from a very early age.”

- Kate Winslet

In the first movie, when it was obviously being talked about, like, ‘It’s The Hunger Games, you have to lose ten pounds.’ I said ‘We have control over this role model. Why would we make her something unobtainable and thin?’ This is a person that young girls will be looking up to, so why not make her strong? Why not make her beautiful and healthy and fit? I was very adamant about that, because I think that our industry doesn’t take enough responsibility for what it does to our society. I remember what it felt like to be 14 years old, looking at a Victoria’s Secret model and thinking, ‘I’ll never look like that.’ I don’t want to make someone feel like that.

- Jennifer Lawrence, one of [Time magazine's 100](#) most influential people in the world

And if you think media can do a better job of contributing to, rather than eroding girls' self-esteem, visit the [Geena Davis Institute](#), and follow them in the [Twitter](#) and the [Facebook](#).