

Everybody's Perfect IP

Everybody's Perfect The Everybody's Perfect IP is an interest project from the Girl Scouts of Central and Southern New Jersey Council.- NO LONGER AVAIBLE



Skill Builders

1. Make a "me" poster. Include everything you like to do and like about yourself. Share the poster with your peers.
2. Create a "feelings box". Decorate the inside with how you really feel and think. Then cover the outside with why you appear to feel or be to others. Explain the box to your troop.

Technology

1. Barbie has been popular for over 50 years, yet her body proportions are unrealistic. Research the influence of media on body image. Discuss you finding with your group.
2. Design your own TV or magazine ad that sends a positive message of body image.
3. Browse the internet for treatment centers for eating disorders.

Service Projects

1. Create a presentation of posters about eating disorders awareness and prevention and display it at your local library or community center.
2. Participate in a letter writing campaign against the distorted portrayal of women in the media.
3. Put together a puppet show or play that teaches younger girls about positive body image.

Career Exploration

1. Interview a therapist, nurse, psychiatrist, or person who treats eating disorders and learn about her job.
2. Find out about types of treatment programs available for those who want help to recover from an eating disorder.
3. Read two autobiographies or biographies of women who have worked with eating disorders.

Book Suggestions

Hunger Pains, Mary Pipher, Ph.D.
Anorexia Nervosa, Patricia Stein, RD, MA and Barbara Unell
Reviving Ophelia, Mary Pipher, Ph.D.
The Girl Within, Emily Hancock, Ph.D.
Perfectionism, Miriam Adderholdt-Elliot, Ph.D.
My Body/My Self, Kathy Bowen-Woodward, Ph.D.

Organizations

Eating Disorders Awareness and Prevention (EDAP)

American Anorexia and Bulimia Association (AA/BA)

See also

[List of Council's Own Interest Projects](#)

External Links

[Earned Awards: Council's Own Earned Awards - Juliette's Closet, Girl Scouts of Central and Southern New Jersey](#)



[Everybody's Perfect IPP](#)

