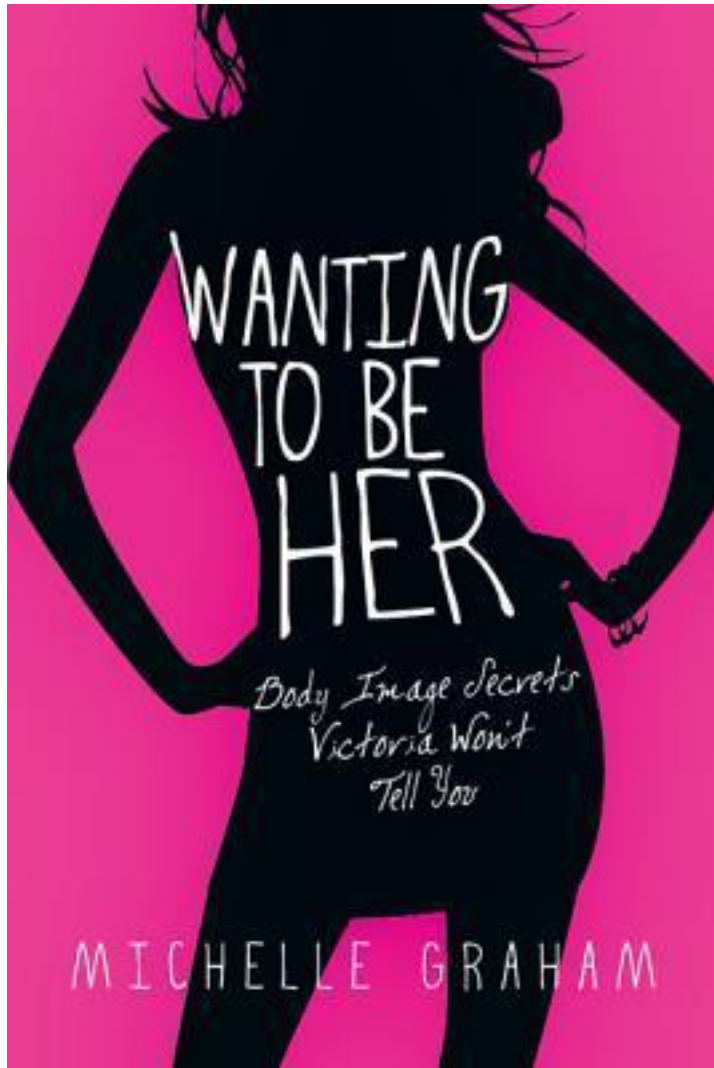




Teen Girls Book Club

Project Proposal



Wanting To Be Her by Michelle Graham

SUMMARY

Objective

You have read the book *Wanting To Be Her* by Michelle Graham. Since finishing the book, you should have several scriptures committed to memory and a strong understanding of how God views you. Any body image issues you may have experienced should now be viewed differently and new, uplifting choices made.

Goals

You are going to take what you have learned and apply it to a project of your choice. You get to show others the ideas of the book. By now, you are pretty knowledgeable about body images and what God wants from you. You will complete a project to help instill that thinking in your life and spirit. Invite a few friends and make it fun. Maybe you can help someone else to find the freedom you have found.

Choices

As a culminating activity you should choose one of the following activities to complete. These tasks are meant to be shared. Not only will you showcase your knowledge, you will spark an interest or change a heart. Imagine all the possibilities! Dream Big! Enlist help. You would be amazed at who is willing to help, if they are just asked. Pick an activity that suits you best.

1. Research information on eating disorders. You can find many resources in the book, the Internet and your public library. Use your writing skills to compose an informative essay. Share with your youth group and your local Women's Ministries.

2. Interview at least one person that has overcome an unhealthy body image that wants to share their testimony. Video record the interview. Share their story with us via social media/blog.

3. Make a scrapbook or a collage of modest outfits that would look great on different body types (short, tall, pear shape, etc.) Show us your skills by accessorizing with jewelry. You can even post makeup/nail colors to add to your styles. If you are artistic, design your own styles and post them on the blog.

4. GROUP ACTIVITY - Host a “Modest Is Hottest” fashion show for your local women’s ministry group. Walk the catwalk in modest clothing and have each girl share how God has dealt with her own body image issues. Throw in some light hors d’oeuvres (French for appetizers) and lots of fellowship time. Fellowship time leads to mentoring. We all need some mentoring!!!

Whichever one you choose, have fun with it. Share with someone what you learned. Write a paragraph for the Girls Ministries website and include photos of your work. We would love to see the creative ideas you come up with. Remember, you define who you are. Have fun in doing that!