

Ex: "Dear Self" Intro

- 1. Claim: Modern culture creates unrealistic expectations for girls**
- 2. Examples: perspectives on girls, relationships, and self-esteem**
- 3. Impact: Lowered self-esteem -> self-hate**

Renowned First Lady Eleanor Roosevelt once said, "no one can make you feel inferior without your consent." Clearly, Eleanor wasn't a 16 year old. In an era when it is easier than ever to invite self-comparison, through our Snapchats, our Instagrams... not to mention our eyes, the propensity for self-hatred is larger than it has ever been. Perhaps it is no surprise that according to the CDC the population that is most at risk for self-harm today is women under 30. Through the prose, "Dear Self, You Are Stronger than Their Words" by Nicole Clements, and "...it Gets Better" by Chelsea Williams, and the poetry "I'm not OK" by Taz, "Death by Chocolate" by Sia, "Unpretty" by Dallas Austin and Tionne Watkins, and "What I've Got" by Rhys James - *Dear Self* - a program for girls like me who just need to hear that it gets better.

Personal Choices

- **Clarify the argument: social media examples**
- **Justify importance: statistic about self-harm**

Required Elements

- **List of literature w/ authors**
- **Divided by genre**
- **2 genres (prose and poetry)**