



LOOKING AT LOOKS

HANDOUT FOR *SMART IMAGE*, 348-234

Below are some sentences about looks and appearance. What do you think about these sentences? Put a check after each sentence to show how you feel about it. If you aren't sure, just put a check under "Not Sure."

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
People judge me by the way I look on the outside.					
If I looked like I wanted, I would be much happier.					
If I could change the way I looked, I would have more friends.					
Good looking people are happy.					
If you are attractive, you can have everything.					
Good-looking people have fewer problems.					

The statements above are some of the ideas we may have about looks. Not everyone may agree with these statements, but some may. There are also some beliefs made about individuals who are different sizes, like thin or large. Can you think of some examples?

What things are more important than "looks" or what someone wears?

What are some ways people can feel better about themselves if they are not happy with how they look?

People come in different sizes, shapes, and looks. These are traits that are determined by genetics and cannot be controlled. What can be controlled is the way we look at others and ourselves, as well as the people we choose to be.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Call this toll-free number, 1-800-552-3431 (M-F 8:15-5:00, except holidays), to learn how to apply for food stamps and to get other useful information about services.

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