Call Out That Inner Beauty!

Ever notice how often girls might greet one another with “I like that sweater,” “Love that necklace,” or “Your hair looks great”? It’s easy to comment on something you see—but when girls comment only on outer appearance, it sends the message that a girl’s looks are more important than her inner attributes.

Turn this inside out so that your conversations move to more meaningful observations, like how you admire your friend’s confidence in class or how you respect that she refuses to spread rumors.

The more you and your friends focus on aspects that go beyond outer appearance—such as kindness and generosity, or valuable skills like athletic ability or math prowess—the more you’ll appreciate your own strengths and differences.

For one week, without telling anyone, keep track of three things:

- How many times you and your friends comment on one another’s outer appearance. What types of comments are being made?
- How many times you and your friends comment on one another’s inner qualities. What types of comments are being made?
- How many times you comment on one another’s outer appearance or inner qualities with your male friends. What types of comments are being made? How do they differ from the ones you exchange with your girlfriends?