



# We See

What We See  
Changes  
Who We Are

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WITNESS Youth setting up equipment for filming during film camp.

## Women's Beauty

By WITNESS Youth Staff

In today's society, women are faced with a lot of challenges pertaining to their appearance, or what they deem to be beauty. Therefore we ask what exactly constitutes beauty.

I will say that society thinks it's someone with a pleasing personal appearance, personal physical attractiveness, especially with regard to cosmetics and other 'enhancers.' Therefore it is evident that when society thinks of beauty it sees outer appearance. But I believe that beauty has to do with more than simply one's physical make up; beauty has to do more with one's inner strength, more with one's character, one's potential for kindness, love, and ability to care for another- a stranger, more with one's potential for compassion, one's intelligence, understanding, sympathy, empathy... these are some amazing attributes that should be considered when we use the term beauty.

Furthermore, I must say that the expectations of beauty that society has placed on women are totally ridiculous; society acts as if they're super women that can prevent aging. We have seen in the modelling industry that the girls have a certain look, shape and size- basically the girls who are size zero, lean and fine.

We have seen in North America that there is an epidemic rising where girls feel pressured to look like models and actresses, who 'supposedly' are ideal beauties and they (the ordinary girls) thus need to get with the program. As a result gorgeously sturdy and beautiful girls are starving themselves to meet the standards of society, because no one seems to accept them the way they are. Even in schools they are bullied by the popular girls, and that's just not okay. Notice how the really skinny girls end up being the popular ones? It's really scary and crazy too for the girls with actual substance, actual curves, and actual meat on their bodies.

And those models, those actresses that society considers beautiful may be well off, but they're not really happy or even healthy. Most of them have a long sheet of issues

because of society's ridiculous perception of what beauty is: psychological, emotional and eating disorders like Pica, Anorexia Nervosa and Bulimia are just a few. Eventually they become angry with themselves; they feel ugly and worthless because they become obsessed with maintaining that perfection of their beauty and the symbolism that society has placed on it.

In the end they become sick, it becomes a disease of the mind; even though their bones are showing and they are at a state of having no flesh, they are still not satisfied because mentally they still seem to see themselves as fat.

When an individual is able to accept themselves for who they are, then they will be at peace with themselves, not starving to be someone that the public accepts, but rather someone you accept. Pressure is placed on females to live up to an ideal of beauty which is extremely stressful. No one is perfect, perfection is a myth; it does not exist! People should realise that after one time comes another, and it is part of the circle of life; we cannot stay young forever. And the crystal that people use to define beauty- to shine and glow is unreal and redundant because even the crystal breaks at one point or the other. To some degree society should realize that women are only human. Even if society chooses not to recognise its true destructive role here, the women need to, by stopping to put too much belief in society's 'wisdom.' Change society's role by first looking into the mirror and loving the person who is looking back in spite of flaws... no one is perfect.

Once you value who you are and what you stand for, to hell with what others have to say about you. This culture is obsessed with perfection; the idea of it is totally outrageous, because it is teaching women that physical appearance is more important than beauty that comes from within. For example, it teaches us that women need make-up and plastic surgery to erase time: this is not true.

## Create Your Own Footsteps

By WITNESS Youth Staff

I am a 16-year-old Guyanese youth and I live in a society where bad overcomes good. I see the world I live in as a place that needs a lot of improving and positive vibes. The world today has its good times, but it must also be feared; there is a lot of violence, hatred, prejudice and discrimination.

Society today stereotypes people. They view a group of people as one. The things that I hear people saying about youths today are shameful. We're all viewed as a "futureless and delinquent" set of kids, "the kids that will watch the world burn." Words like these force some youths to give up great opportunities. A person may say "oh, it makes no sense working if we are all viewed as delinquents, so I should just give up." That is not the attitude that society is supposed to have towards us; instead it is supposed to motivate us to keep going, and to try harder. The youth who are

actually trying to become something in life, those who are productive, are not getting any credit for their hard work, but instead they are being discouraged by the words of society.

While others may see it differently, I see my generation to be a group of intelligent people, although we might have a few rotten apples among us. We have people who are working to be lawyers, doctors, pilots, scientists, photographers, even jobs that are soon to be invented. We're the ones who will be framing the future for the upcoming generation. We can choose to follow the footsteps of the past generations or we can choose to create our own footsteps for others to follow.

We are all leaders. We can control what we do and how we do it. We can make our own choices. The question youths should ask themselves is "How can I make a difference?"



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## Is it Music?

By WITNESS Youth Staff

Transforming music is found in every known culture, past and present. Music plays a very important role in our everyday life. But lately, music has changed greatly.

One Friday I had to collect my niece, who lived far away, to spend the weekend with us, so I had to take a bus. At around 4:00 P.M. that afternoon I started my journey. I took a bus which at the moment was not playing any music but was filled with school children. In about 20 seconds of traveling the bus started to play very loud, explicit music. But this was no surprise for me, since most of my life I have been traveling on buses that play explicit music. But this Saturday afternoon was totally different, being that the bus was filled with school children and one young lady started to sing along with the song that was playing, called "pussy mechanic" which sings of men only being with women for sex. With this young lady singing, several students joined her and started to sing along; these students were all well dressed in their uniforms.

That song finished and another famous one started, called "wine" which sings of different positions during intercourse; when this song started most of the students on the bus went crazy, as if they had won something. Most of them joined in singing along to this new kind of music, which contains only explicit terms and meanings-- if these songs have any meaning.

This action really surprised me because I knew for a fact that almost every child traveling on that bus knew every word and what it meant. I formally suggest that playing music on all public transportation should stop!!! It's sending our future generation's mind astray. These songs are all that is playing everywhere we go. They sing of only incorrect behaviour and action that is driving our minds crazy. What it's telling us is, as a youth, whatever we decide to do is right. As a positive minded youth I feel there is no positive music out there today.

**"What we see changes who we are." – JR**

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