



Don't Believe the Hype—It's All Made Up!

A **Mom's** Guide to Seeing Through Celebrity Hype and Helping Daughters Celebrate Real Beauty

by Audrey D. Brashich, author of *All Made Up: A Girl's Guide to Seeing Through Celebrity Hype and Celebrating Real Beauty*

Resource list

For Parents/Adults

Books

Packaging Girlhood: Saving Our Daughters from Marketers' Schemes, Sharon Lamb, Ed.D, and Lyn Mikel Brown, Ed.D (New York: St. Martin's Press, August 2006). A fantastic book that looks at the definition of "normal, acceptable" girlhood that's marketed to girls by way of toys, popular TV shows, Halloween costumes and more. Brand new, and a great book!

Can't Buy My Love: How Advertising Changes the Way We Think and Feel, Jean Kilbourne, Ed.D (New York: Touchstone, 1999). A very readable book that explains many of the techniques used to grab consumers' attention. Her new book: *So Sexy So Soon: The Sexualization of Childhood* is supposed to be out sometime next year. Worth watching for!

Born to Buy: The Commercialized Child and the New Consumer Culture, Juliet Schor (New York: Scriber, 2004). A fascinating look at how media and manufacturers target ever younger consumers.

Branded: The Buying and Selling of Teenagers, Alissa Quart (New York: Basic Books, 2004). Written by a 20something who has enough 'street cred' to connect with both teens and marketers to get the real story

Real Boys: Rescuing Our Sons from the Myths of Boyhood, William Pollack (New York: Random House, 1998). A professor at Harvard, Pollack explores how pop culture definitions of masculinity and expectations of boys are just as flawed as those that target girls.

Video

Tough Guise: Violence, Media, and the Crisis in Masculinity, by Jackson Katz, produced by The Media Education Foundation. Available in many libraries or from MEF.org. An enlightening look (geared toward college and high school students) at the relationship between pop-culture imagery and the social construction of masculinity.

Web Sites / Organizations

About Face, about-face.org: A network of activists who promote positive self esteem in girls and women of all ages, sizes races and backgrounds. Many resources on their fun and creative website

Mind on The Media, motm.org: A non-profit that aims to inspire independent thinking and fostering critical analysis of media messages.

Dads and Daughters, dadsanddaughters.org: A non-profit that inspires fathers to be a part of daughters' lives and works to transform cultural messages that devalue girls and women.

For teens

Books

Non-Fiction

All Made Up: A Girl's Guide to Seeing Through Celebrity Hype and Celebrating Real Beauty, Audrey D. Brashich (New York: Walker & Company, 2006)

The Looks Book, Esther Drill et al (New York: Penguin, 2002). A bright, cartoon-like book that tackles real issues like body image, wanting to be considered pretty by boys—and creating your own image.

The Girl's Guide to Life: Take charge of your personal life, your school time, your social scene, and much more!, Catherine Dee (New York: Little Brown, 2005). Good for younger teens and tweens. Includes tons of interactive exercises, cool quotes and profiles of female role models.

Respect: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed, Courtney Macavinta and Andrea Vander Pluym (Minnesota: Free Spirit Publishing, 2005). A lively, in-depth book that covers everything from respecting oneself to being a good friend.

Fiction

Nothing But the Truth (and a Few White Lies), Justina Chen Headley (New York: Little Brown, 2006). A great story about a teen girl who actually likes math!!

Alice, I Think, Susan Juby (New York: Harper Collins, 2004). Alice is small town girl with big thoughts and dreams. You can't not like her. Really.

Magazines

New Moon: By girls, for girls. Filled with profiles, poetry—and no ads. Great for tweens and readers as young as eight

Shameless, "For Girls Who Get It:" A provocative, new magazine out of Toronto that highlights smart women, cool trends and other information from a grrrl's perspective

Bitch, "The Feminist Response to Popular Culture:" Great for older teens and 20somethings, this feminist magazine/journal investigates everything from the tone and content of popular fashion magazines to gender stereotypes in film and music. Great in every way.

Web

Teen Wire, teenwire.com: Accurate, honest information for teens on sexuality, relationships, dealing with family issues and more. Run by the Planned Parenthood Federation.

Culturespy, culturespy.com: a smart, underground website that explores how big companies (Hello, MTV) rip off ideas from creative teens and then make huge amounts of money selling them back to young people.