



## 1. 'Gorgeous' the DVD

Hermoine, the star of the animated film '**Gorgeous**', is not animated first thing in the morning, she's desperate. She faces the mirror and onto her shoulder pops Deirdre, the inner voice from hell, screaming insults and advice. Complete with coach's megaphone, Deidre goads Hermoine to diet, pump iron, be made over by beauty specialists, buy and spend. Fighting Deirdre with every bit of control she can hold on to, Hermoine finally arrives at her job interview. You'll find out what happens next when you watch the DVD.

The DVD themes are:

- self image and body image
- self-esteem
- confidence and insecurity
- pressures on girls and women to look good
- inner conflict
- solutions to having 'the uglies' which are not real solutions: dieting, smoking, bingeing and vomiting, bouts of excessive exercise, spending on the clothes of the moment, body products, painful beauty treatments and cosmetic surgery
- the beauty industry
- changing fashions: 'the perfect body', 'the look'.

## 2. Before Watching 'Gorgeous':

- i) Write down a few phrases which you think express what it means to 'have the uglies'.
- ii) Think about what you like about your body. (This is just for your own reflection.)
- iii) What lengths would you be prepared to go to in order to change your body? Which of these actions could be categorised as 'healthy', and which would be better described as 'risky' or even 'crazy'?
- iv) Talk about the following idea: "Our minds and bodies are separate and they have fights". Do you agree or disagree? Do you have arguments with yourself?
- v) Who does decide body matters for you? Who decides what you are going to wear? Who decides what you are going to eat? Who tells you that you look OK? Do you have control, or are you heavily influenced by peer pressures, the media, family or a particular fashion trend? Try to be really honest with yourself here.
- vi) Have you heard people say, "Listen to your body"? What do they mean? Do you listen to your body?

**3. After Watching What Hermoine the Modern Girl Goes Through:**

- i) Write down a list of words which describe what you thought of the film.
- ii) Write a description of Hermoine in your own words.
- iii) What do you think of Hermoine? Is she a true-to-life character? What aspects of her behaviour and concerns are typical of anyone you know?
- iv) Could there have been other events in the story or another ending? Write your ideas in groups and then role-play your new version of the story for the rest of the class.
- v) Hermoine is a girl under pressure. She isn't happy with herself. What are the kinds of pressures which girls sometimes feel? What are the ways you can deal with these pressures? Do boys feel any of the same sorts of pressures? Why or why not? What are the pressures boys experience? Are there any pressures both boys and girls experience? Discuss.
- vi) Who is Deirdre? What are her obsessions? When Hermoine says to her inner voice, "You're kind of weird, Deirdre," do you agree with her? Why or why not? Who wins in the end?

**4. Hermoine in the Art Gallery:**

Find the section which comments on changing views of ideal body shape. Look particularly at the section with the following dialogue:

Painting: "Look, this sort of thing was all the rage when I got painted. If you didn't have thighs like fire hydrants, you weren't in the running."

Supermodel Photo: "Half a lettuce leaf and seven hours in the gym every day and my career was down the toilet before I was twelve and a half."

Sculpture: "I was just getting used to myself and then the pixie look was back in. How many women look like pixies?"

Describe the representations of female shapes and images on the walls of the gallery.

What message is this section giving about changing and different views of body shape?

**5. Film's Message:**

What do you think are the main messages which the film has for us? Talk about this in a class discussion.

For further information please contact:  
NFSA Sales and Distribution  
PO Box 397  
PYRMONT NSW 2009  
AUSTRALIA

p: +61 2 8202 0144 f: +61 2 8202 0101 e: sales@nfsa.gov.au  
<https://www.nfsa.gov.au/>