

## PDF Worksheet: 'Beauty Standards'

How to use this worksheet: [\(Click here to watch video\)](#)

- The '**Listening Comprehension**' questions are designed to help you *actively* listen to the conversation. Try listening to the video once, without paying attention to the questions in the PDF. Just listen to get used to how the people in the video speak, adjust to their way of speaking, and get an idea of the topic and the views and information expressed in the video. Watch and relax!
  - After you have listened to the video once to get an idea of what it is about, read through the '**Listening Comprehension**' questions and see if you can answer any immediately without watching the video again.
  - Finally, watch the video a second time and listen for the answers to the '**Listening Comprehension**' questions. Answer any you couldn't answer, and check your answers to the ones you have already answered. Watch the video more than once if you need to, and remember that you can always stop, rewind, and slow the speed *as much as you need to!*
  - Print this worksheet and use it to write your answers if you want to, or use a notebook.
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- The '**Use Of English**' section is designed to get you thinking more about the language used in the video. In this section you can expect to find questions about synonyms, collocations, and useful expressions. Use a dictionary, or an internet search engine to help you find the answers you need.
  - It's helpful to invent your own examples with any new language you learn, so use the space below the questions to practise. This will help you to remember new words.
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- The '**Culture Spot**' section is there to help you think about the topic of the video and how the issues discussed may differ from one cultural context to another. Spend some time thinking about any new information you learn here, and how this applies to you, and your life. How does it compare to where you live? Does it make sense to you?
  - In order to practise, feel free to use the space below this section to write in English about the information in this section, or your views about it, or your reactions to it.
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- The '**Writing**' section is for you to practise your writing skills! Think about the question(s) and write a response in one or two paragraphs. Try to use any new vocabulary you've learnt during this video lesson.
  - If you need to, make a draft in your first language in order to organise your thoughts before re-writing (not translating!) into English.
  - If you have a teacher, tutor, or someone who usually checks your work, show them all of your answers to each section for their feedback.

You can re-use a listening resource like this one many times over. After you have completed the whole worksheet, try revisiting the video again, a day or two later, to refresh your memory about what you've learnt. Maybe you'll even pick up more from the video next time you watch it! Don't forget to share these resources with any friends or colleagues you have who are also learning English, sign up for our newsletter at [www.upskillingforchange.com](http://www.upskillingforchange.com) and follow us on Instagram [@upskillingforchange](https://www.instagram.com/upskillingforchange). We hope you enjoy studying with us!

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### Listening Comprehension

- Who is participating in the recorded discussion? What do they say about themselves in their introductions?
- How are the beauty standards different for women in the UK and Iraq, according to the speakers in the video?
- Social media is mentioned a few times in the video and is talked about both positively and negatively. What points are made about social media in relation to beauty standards?
- Toktam mentions that beauty trends change every one or two years. What examples does she give?
- What does Fiona say about the 1990s in Britain?

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### Use Of English

- Fiona says that she **aspired to** a certain look when she was a teenager. What does it mean to **aspire to** something?
- Zainab mentions '**body positivity**'. What do you understand by '**body positivity**'?
- Write some example sentences using the expression '**easy on the eye**'.
- Zainab says that some people might be picked (chosen) for a job role if they are beautiful and have **charisma**. What is **charisma**?

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### Culture Spot

Zainab explains that in Iraq, the most desirable body type for women is to have '**meat on your bones**'. This means that a woman should carry a little more weight and not be too thin. Fiona describes a trend for very thin female bodies. Toktam mentions that these trends change regularly. All of this makes for a **perfect storm** of body image issues for young people.

You can read about 'body positivity' here in Forbes.

<https://www.forbes.com/sites/jenniferpalumbo/2022/05/12/how-the-body-positive-movement-doesnt-encourage-obesity-but-inclusion/?sh=7814ca831737>

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**Writing**

Zainab asks how, if you were a parent, you could support your daughter to feel secure in her appearance and not feel pressured by beauty trends and fashion. How would you answer this question? Try to write a few paragraphs and if possible, share your own experiences.