

MINU, SINU, MEIE ILU? ILUNORMID ERI KULTUURIDES

KOOLIASTE	III kooliaste
TUNNI PIKKUS	45 + 45 minutit
AINE	Inglise keel
TEEMA VÕI KURSUS	Mina ja teised; riigid ja nende kultuur
AINELÕIMING	Kunst, arvutiõpetus
ÕPITULEMUSED	<p>Õpilane</p> <ul style="list-style-type: none">• mõistab, kuidas arusaam ilust erineb kultuuriti, ja kirjeldab oma vaadet ilule*• leiab lühikestest tarbetekstidest teatud harjumuspärast teavet• mõistab lihtsaid tekste, isiklike e-kirju või postitusi, kui teema on tuttav• kirjeldab lihtsate lausetega ennast, oma perekonda, teisi inimesi, kohti ja asju <p><i>* hea oleks, kui eelnevalt on käsitletud inimese välimuse kirjeldamise teemat.</i></p>
MAAILMAKODANIKU PÄDEVUSMUDELIGA SEOTUD ÕPITULEMUSED	<ul style="list-style-type: none">• mõistab, et kultuuriline identiteet kujuneb keskkonna mõjul ning põhineb keelel, jagatud väärtustel ja ühistel arusaamadatel ning traditsioonidel• väärtustab ja austab erinevust ja mitmekesisust• mõistab, et inimeste erinevused on võimalus neilt õppida
KESTLIKU ARENGU EESMÄRGID	<p>3. eesmärk: tervis ja heaolu</p> <p>4. eesmärk: kvaliteetne haridus</p> <p>5. eesmärk: sooline võrdõiguslikkus</p>
MEETODID	<ul style="list-style-type: none">• nn jalgadega hääletamine• ekspertgrupis lugemine
ÕPPEVAHENDID	<ul style="list-style-type: none">• tekstid (lisa 1–2)• tööleht (lisa 3)• arvutid või telefonid

TUNNI PÕHISÕNUM JA SEOS KULTUURIRIKKUSEGA

Ilu ei ole universaalne, vaid peegeldab eri kultuurilisi väärtusi, traditsioone ja identiteete. Kõik see rikastab meie maailma. Samas ühendab meid inimlik soov ennast väljendada ja tunda end väärtuslikuna.

I TUND

SISSEJUHATUS (10 MIN)

Teemasse sisseelamiseks toimub ühine arutelu nn jalgadega hääletamise meetodil. Õpetaja asetab klassi igasse seinale sildi: ***I agree, I somewhat agree, I disagree, I somewhat disagree***. Õpetaja loeb ette (või kuvab tahvlile) väite ja õpilased asetsevad ruumis vastavalt nende arvamusele. Õpilased saavad esmalt võimaluse arutleda paaris, mille järel õpetaja uurib üle klassi, miks keegi kuhugi seisis.

- Beauty is only about how someone looks
- Fashion trends and beauty are mostly the same thing
- You can be beautiful at any age
- Beauty is important for success in life
- The word „beautiful” is understood the same way across the world

Viimastest väitest läheb tund sujuvalt üle ilustandardite mõtestamisele.

TÖÖ PAARIDES (10 MIN)

Õpilased töötavad paarides. Üks õpilane on seljaga ja teine näoga tahvli poole. Õpetaja kuvab tahvlile pildi. Õpilane, kes on näoga tahvli poole, kirjeldab pilti nii täpselt kui võimalik, et seljaga tahvli poole olev õpilane saaks selle võimalikult täpselt paberile joonistada. Joonistamiseks on aega 3 minutit. Pärast seda vahetavad õpilased rolle ja õpetaja kuvab tahvlile uue pildi. *Piltide kuvamise järel võivad õpilased pakkuda, kust on pildid pärit ja milliseid ilunorme need võiksid esindada.*

Siin on ettepanekud kahe foto osas



<https://openverse.org/image/2b203f45-262e-4dfe-88eb-10029b00ee3d?q=tribal+neck+rings>

Pildil on Birma Kayan Lahwi hõimu naine. Messingspiiraale kandvaid naisi peetakse ilusamaks ja ihaldusväärsemaks, sest nad kehvastavad graatsilisust ja elegantsi. Võrusid hakatakse kandma juba lapseeas. Võru surub ribid ja rangluu alla, mis tekitab nn väljaveninud kaela illusiooni.

In the picture there is a woman from the Kayan Lahwi tribe in Birma. Women wearing brass spirals are considered more beautiful and desirable, embodying grace and elegance. Rings are worn already in childhood. The rings press down the ribs and collarbone, which creates the illusion of a so-called stretched neck.



<https://openverse.org/image/fcf244a8-3b54-4f02-8501-f3584f15d7c7?q=south+korean+boys>

Korea mehed ja naised elavad pideva surve all, et nad peavad vastama ühiskondlikele ootustele. Pärast kodu-sõda ja kokkupuudet Ameerika sõduritega, sh kultuuriga, on riigis süvenenud surve näha välja selline, nagu seda näeb ette Ameerika ilustandard. Nende keha peab olema kõhn ja lihaseline (kuid mitte liiga palju). Nina peetakse ilusaks, kui see on kõrge, silmad peavad olema suured ja avatud ning ideaalne näokuju on väike, väikese lõuaga (seda nimetatakse V-jooneks). Seetõttu läbivad paljud ka iluoperatsioone ja kulutavad palju raha ilutoodetele.

Korean men and women live under constant pressure to conform to societal expectations. After the Civil War and exposure to American soldiers and culture, the pressure to align with American beauty standards has intensified in the country. Their bodies are expected to be lean and muscular (but not too much). The nose is considered beautiful if it is high, the eyes should be large and open, and finally, the ideal face shape is small with a small chin (this is called a V-line). Therefore, many also undergo cosmetic surgery and drop a lot of money on beauty products.

Pärast kahe foto kuvamist soovitame näidata veel fotosid, mis toovad välja ilustandardite erinevusi maailma eri piirkondades, ja neid lühidalt kirjeldada.



<https://nappy.co/photo/tattoo-machine-and-skin-closeup%-2BeoOgkrXMkHc7LLche7fuh>

Tätoveerimine on paljudes kultuurides oluline eneseväljenduse ja ilunormide osa.

Tattooing is an important form of self-expression and a reflection of beauty standards in many cultures.



https://et.wikipedia.org/wiki/Drag_queen#/media/Fail:ESC2014_-_Austria_16.jpg

Drag queen’id, nagu fotol kujutatud Conchita Wurst, esindavad ilunormide ja sooliste väljendusviiside mitmekesisust, mis erinevad traditsioonilistest kultuurilistest normidest.

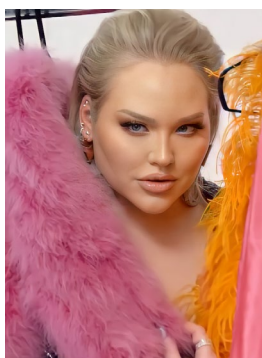
Drag queens, such as Conchita Wurst depicted in the photo, represent the diversity of beauty standards and gender expressions that challenge traditional cultural norms.



https://commons.wikimedia.org/wiki/File:Smiles_and_determination_of_rural_Indian_women_3.jpg

India naise traditsiooniline riietus ja ehted peegeldavad ilunorme, mis on kultuurilises ja religioosses kontekstis sügavalt juurdunud.

The traditional attire and jewelry of an Indian woman reflect beauty standards deeply rooted in cultural and religious contexts.



https://en.wikipedia.org/wiki/Nikkie_de_Jager#/media/File:NikkiedeJager2020-2.jpg

Nikkie de Jager, meigikunstnik ja suunamudija, esindab ilunorme, mis rõhutavad meigi rolli eneseväljenduses. Samuti näitab ta, kuidas ilunormid on digiajastul muutumas.

Nikkie de Jager, a makeup artist and influencer, represents beauty norms that emphasize the role of makeup in self-expression. She also sheds light on how beauty norms are changing in the digital age.

GRUPITÖÖ
(25 MIN)

Õpilased jagunevad **viide gruppi**. Iga grupp saab lugeda ühe osa 10. klassi õpilase Mehakdeep Taunki kirjutatud artiklist „Celebrating Diverse Beauty: Exploring Beauty Standards from Every Part of the World“ veebiväljaandes [The Teen Mag](#).

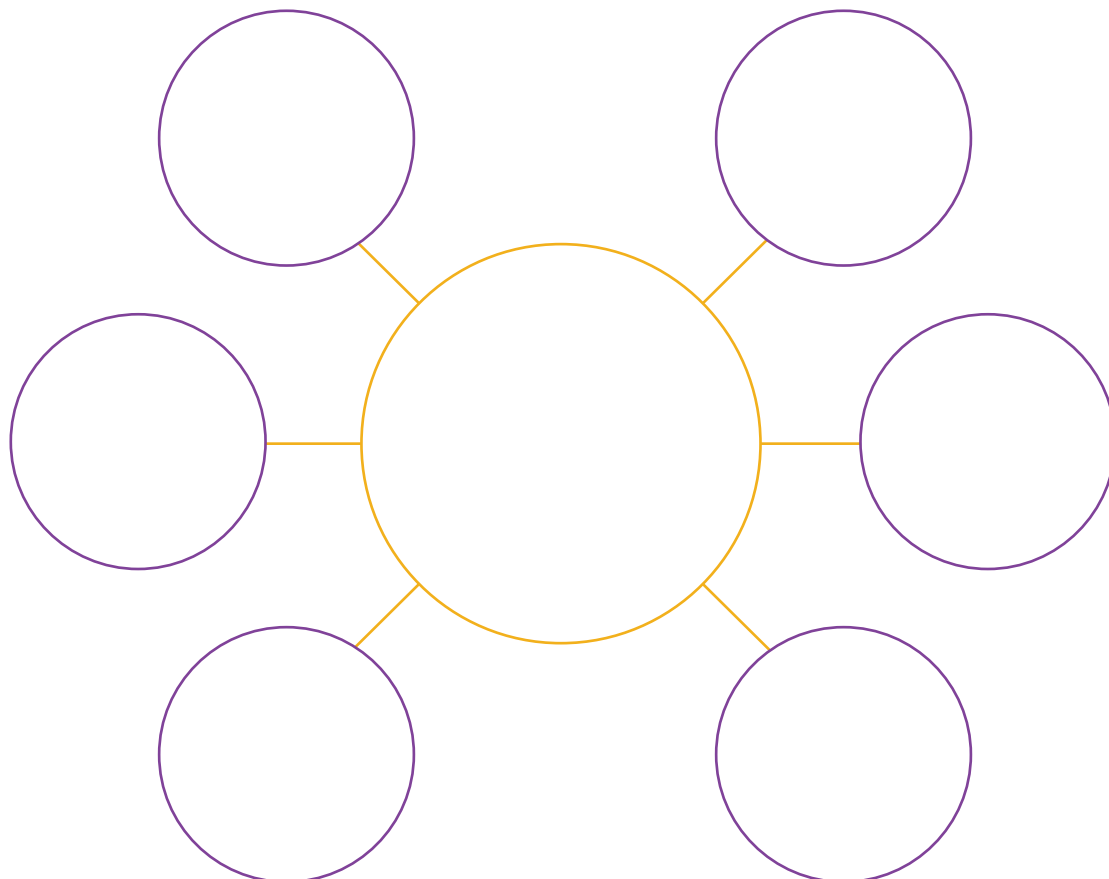
Lisa 1: originaalversioon

Lisa 2: lihtsustatud versioon

Grupp 1: Ameerika; grupp 2: Euroopa; grupp 3: Lääne-Aasia; grupp 4: Lõuna-Aasia; grupp 5: Aafrika

Grupp koostab üheskoos teksti põhjal mõistekaardi.

Grupid **grupeeruvad ümber** pusle meetodil uuteks gruppideks, nii et igas grupis on ühe teksti esindaja. Seejärel teevad nad grupisisestelt teineteisele ülevaate ja täidavad selle põhjal tabeli (lisa 3).



II TUND

SISSEJUHATUS (5 MIN)

Õpilased tuletavad meelde ilunorme maailma eri regioonidest.

LOOVÜLESANNE (30 MIN)

Õpilased loovad kollaaži ilust nt Canvas või mõnes muus netikeskkonnas. Tegevuse eesmärk on panna neid mõtlema, mis on nende meelest ilu, kes on nende enda eeskujud (stiil, välimus jne); ja näha, mil määral see võib erineda klassikaaslaste vaadetest.

- Õpilased võivad oma kollaaži juurde salvestada lühikese põhjenduse/kirjelduse, mida nende kollaaž kujutab.
- Õpilased võivad oma kollaaži juurde kirjutada lühikese lõigu nende vaatest ilule.

Järgnevas tunnis saab kollaaže esitleda, näiteks korraldades näituse, mille raames õpilased saavad oma töid lähemalt tutvustada.

TUNNI LÕPETUS JA ARUTELU (10 MIN)

„Väljapääsupilet”: õpilane kirjutab märkmepaberile, mida võtab sellest tunnist kaasa / mida uut sai teada (*What did I learn in today's lesson?*). Mõned õpilased jagavad oma mõtteid. Järgneb ühine arutelu, mis oli tegevuse mõte.

VÕIMALIKUD JÄTKUTEGEVUSED

Õpilased võivad kodus teha intervjuu oma ema/isa või vanaema/vanaisa-ga ja uurida, millised olid ilustandardid nende nooruses, ning selle järgmises tunnis ette kanda.

LISA 1. TEKST

Exploring Beauty Standards from Every Part of the World

Today's society makes it difficult for people to fit into what is deemed „beautiful.” We obsess over the tiniest details of ourselves in hopes of one day reaching these societal standards. However, beauty is never set as one straight thing. In everybody's eyes, beauty means something different. Let's take a little trip around the world to discover the many forms of beauty and hopefully redefine what we feel is „beautiful.”

The Wild, Wild West

I'm sure we are all familiar with the infamous Western beauty standards. In Western countries, the beauty standards seem to vary quite a lot. In the past, thin frames, big eyes and lips, small noses, and long, blonde hair were considered the ideal for most women. However, in modern times, tanned skin, curvy frames, and dark hair have also become ideal.

The recent rise of social media and celebrity culture has seen a shift in Western beauty standards. While it is still very exclusive, there is more celebration of different cultures and representations of diversity. From movies to literature, there has been a significant shift in what was represented before as opposed to now.

While social media has its upsides, there are, of course, its downsides as well. The beauty standards being created are unrealistic and hard to attain, opening up a whole world of new insecurities that we never thought about before.

No Rest In Europe

The Eurocentric beauty standard, a concept that seems to have the rest of the world in its clutches, consists of long and straight blonde hair, a thin frame, small noses, fair skin, and light eyes. While definitely not an easy feat, historical colonization dating back many centuries led the rest of the world to adapt to this standard of beauty. While the impacts of this standard are not the best, other aspects of Europe provide a more unique take on beauty.

If there is anything Europe loves, it's a bold lip. It's a staple in what is considered „Parisian makeup” or „French Girl” makeup. In countries such as Spain, located in the southwestern corner, it is reported that many women prefer a natural makeup look, contrary to what we might see online. There is a stark contrast in England, with many women opting for a bolder makeup look with bigger lashes, striking contour, and enough highlighter to blind a man.

Europe is also highly regarded for its elegant and timeless clothing style. Its use of basics can be seen in casual streetwear, consisting of jeans, tee shirts, and runners, as opposed to sweats and athleisure. There is a strong preference for neutral tones and well-tailored clothing, such as trench coats, blazers, suits, and more.

**A Struggle
for Beauty
in East Asia**

The beauty scene in East Asia can be considered cut-throat, to say the least. With a beauty standard of fair skin, large eyes with double eyelids, slender and narrow noses, small and v-shaped faces, and a slender frame, these features make up the baseline for beauty in most East-Asian countries. With the competitive beauty standard, citizens invest in plastic surgery and intense beauty regimens to achieve these looks. I think it's safe to say the standard might be a little too high.

However, in my not-so-professional opinion, I believe the most interesting and beautiful attributes in East Asia aren't in the physical aspects but rather the cultural and style trends. I'm sure we've all been on social media aimlessly passing the time, and if you're like me, you've most definitely been on the makeup side of these platforms, where a recent trend of East Asian makeup styles has been steadily surfacing. I found myself captivated by them, all widely different from one another but holding the same fascinating essence.

Some of the most notable I found were Douyin makeup, a popular Chinese makeup style consisting of shining eyeshadow paired with "manhua" lashes, deep pink blushes, and blurred lips. Igari makeup consists of a natural, flushed look centered on applying blush. And finally, Gyaru's makeup is a dramatic and bold look that emphasizes the eyes.

Recent trends in East Asian skincare have made waves in the West and around the world. „Glass skin” is a big phenomenon in East Asia, describing skin so clear and dewy that it gives off the effect of a glass-like surface. This trend has recently taken over social media and sparked interest in many East Asian skincare products. The products are highly renowned for their natural ingredients and incredible success rate, making for a big market all around the world.

**Beauty
Through
Culture in
South Asia**

South Asia, renowned for its colorful and diverse culture, has seen beauty standards shift towards the Western view. The pressure for fair skin, big eyes, small noses, and a small frame stems from the deep-rooted historical belief that it makes people look more „rich.”

However, South Asia is highly esteemed for other things as well, such as its admirable hair care. Having long and strong hair is celebrated and used to symbolize femininity and divinity. Before washing hair, hair oils are applied to make it stronger and healthier. Sometimes, Henna is used to color the hair because it is made with natural ingredients, preventing hair damage.

The essence of the cultural traditions hold beauty in of themselves. Women are adorned in gorgeous ethnic jewelry, such as bangles, long earrings known as Jhumkas, and various jewelry sets. Gold jewelry is popular for its association with wealth and beauty, radiating luxury and power. Mehndi, or Henna, is a dye used to create beautifully detailed patterns as body art, usually at weddings and celebrations.



**Celebrating
Femininity
In Africa!**

African beauty standards are diverse and broad. They mainly center on a natural look, which spotlights natural features and a fuller figure. This is derived from the belief that beauty, as a whole, should be used to celebrate women and femininity.

Many African cultures create detailed body art using natural ingredients consisting of different colors and patterns. This body art is a form of symbolism of rank, culture, boldness, celebration, mourning, and protection. The colors represent different points in someone's life and central milestones, such as marriage, holidays, and other important dates.

African hairstyles celebrate beauty, becoming a central part of self-expression and holding societal and historical significance in many African cultures. They are diverse and expressive, incorporating creative ornaments and intricate designs, including cornrows and dreadlocks. These hairstyles can help depict someone's age, wealth, status, culture, and identity, making them a symbol of creativity and beauty.

In society today, it's hard to feel beautiful. We feel stuck in an endless loop where we stress about the tiny details of ourselves in hopes of looking beautiful in the eyes of others. However, if there is one thing I want you to take away from this article, it's that beauty is never one straight thing.

As cliché as it sounds, beauty comes in all shapes, colors, and sizes. If we allow someone else's opinion of us to dictate how we feel about ourselves, we lose sight of the aspects that make us who we are. Remember that everyone is beautiful in their own unique way, and never let a stupid standard make you feel any less.

LISA 2

Beauty Around the World

Today's society can make it hard for people to feel beautiful. Many of us focus on small details about ourselves, hoping to meet what others think is „beautiful.“ But beauty is not the same for everyone. It means different things to different people. Let's explore different ideas of beauty from around the world!

Beauty in the West

In Western countries, beauty has changed over time. In the past, people thought that being thin with big eyes, small noses, and long, blonde hair was beautiful. Now, people also celebrate tanned skin and curvy bodies. Social media, like Instagram, has changed the way we see beauty. While we see more diversity now, some beauty standards can still be unrealistic and make us feel insecure.

Beauty in Europe

The beauty standards in Europe can be quite strict. Many people think that having long blonde hair, a thin body, and light skin is the ideal. This idea has been influenced by history and colonization. However, European beauty also includes bold makeup, like bright lipstick. Different countries have different styles; for example, in Spain, many women prefer a natural makeup look, while in England, bold eye makeup is popular.

Beauty in East Asia

In East Asia, beauty standards can be very high. Many people aim for fair skin, big eyes, and slender bodies. To reach these looks, some people spend a lot of money on beauty treatments. However, the beauty of East Asia is not just about looks. There are many interesting makeup styles, like Douyin makeup, which has shiny eyes and soft lips, and Gyaru makeup, which focuses on dramatic eye makeup. Skincare is also important, with trends like „glass skin,“ which means having clear, shiny skin.

Beauty in South Asia

South Asia is known for its rich culture and colorful beauty. Many people there believe that fair skin makes someone look wealthy, but there is also a strong appreciation for long, healthy hair. Hair care is important, and natural oils are often used to keep hair strong. South Asian beauty includes beautiful jewelry, like bangles and gold pieces, and special body art called Mehndi that is used for celebrations.

Beauty in Africa

African beauty standards are diverse and focus on natural looks and fuller figures. Many cultures create beautiful body art using natural colors. This body art is a form of symbolism of rank, culture, boldness, celebration, mourning, and protection. The colors represent different points in someone's life and central milestones, such as marriage, holidays, and other important dates. Hairstyles in Africa are also very important and can express creativity and identity. Different hairstyles can show a person's age, status, and culture.

Finding Your Own Beauty

In today's world, it can be hard to feel beautiful. Many of us worry about how we look based on what others think. But beauty is not one simple thing. It comes in many shapes, colors, and sizes. Everyone is beautiful in their own way. Remember, do not let anyone else's opinions make you feel less. Celebrate your unique beauty!

LISA 3

	body	make-up
East-Asia		
South-Asia		
Africa		
Europe		
America		

	body	make-up
East-Asia		
South-Asia		
Africa		
Europe		
America		