

## CHAPTER 45

### **FEMININITY**

#### **I. WHAT IS IT?**

##### **A. True Femininity**

*Is it curling the hair  
 Or painting the face?  
 Pinning on bows,  
 Pink ribbons and lace?  
 Flounces and frills,  
 Bracelets and rings?  
 Polishing nails?  
 Is it all of these things?*

*No, you can't pin it on  
 Like a bow in the hair.  
 You can't put it on  
 Like the garment you wear.  
 It's deeper than ornaments  
 Gracing the skin.  
 For true femininity  
 Comes from within!*

*It glows from a heart  
 That is gentle and kind,  
 A soul that is chaste,  
 An honest, pure mind.  
 Without inner goodness  
 How futile the bows,  
 For 'pinning on petals'  
 Can never make a rose!*

*— Emily Hunter*

B. Describe a beautiful filly — a thoroughbred with long flowing mane. Spirited, but well-trained. Beautifully groomed.

C. Contrast a rebellious, broken down old nag.

#### **II. BE GLAD YOU'RE A GIRL — ACCEPT YOUR GOD-GIVEN ROLE WITH A POSITIVE ATTITUDE.**

A. When God created Eve, she was the most beautiful, perfectly shaped woman who has ever lived.

B. She didn't look like Adam; she didn't sound like Adam.

1. She was soft and gentle.

2. Biological differences in male and female.

a. When guys reach puberty, the male hormones cause their muscles to begin to firm up and become strong. Their skin toughens and a beard begins to grow. Their voice deepens and they become aggressive. They also begin to grow rapidly.

b. By contrast, when a girl's hormones change, her skin becomes soft. Fatty tissue is deposited in certain strategic areas to give her a distinctive figure and prepare her for motherhood. Her features remain dainty.

#### **III. ATTITUDE.**

A. Attitude controls everything! It's the way you think — it's something others can actually see.

They can hear it in your voice, see it in the way you move, feel it when they are with you.

Your attitude expresses itself in everything you do, all the time, wherever you are.

- B. The course of your entire life will be decided by your attitude. It will decide how well you do in school and how well you get along with your friends and family. It will determine whether or not you discover your potential as a girl, develop your abilities, and reach your goals. A positive attitude will make you feel good about being a girl and will move your life forward; a negative attitude will put it in reverse.

#### IV. HAIR.

- A. Throughout history, long flowing hair has been associated with femininity. Women of royalty and nobility spent many hours maintaining their hairdos. Not until the roaring 20's did American women bob their hair to demonstrate their newfound emancipation (when they were given the right to vote and to own property). If you're familiar with writers O. Henry, Scott Fitzgerald and Louisa May Alcott, you'll realize that literature is known to present short hair as a tragic feminine loss. Hollywood has immortalized the blonde with long tresses as the ultimate feminine beauty.
- B. We're not saying that hair must be shoulder length to be feminine. But, in keeping with God's principles, it should be long enough to look like a girl — to be distinguished — even from a distance — from a male.
- C. Find a hairstyle that is becoming to you. Get a good haircut, maybe a perm, and be sure to keep it clean and neat. Stay away from faddish, punk styles that are associated with the rebellious teens of the world. You are called out to be different — to be beautiful.

#### V. CLOTHES.

- A. Who can argue that clothes are a very important part of being a girl?
- B. The Imperial uniforms are very stylish and allow for a great deal of variety.
- C. But how you wear your uniform can make a big difference in the impression you make — and how you feel about yourself.
1. *Make sure it fits.*
  2. *It must be impeccably clean.*
  3. *Press it!*
  4. *Develop the habit of going to a full-length mirror to check your appearance before you leave home each morning. Allow time to make corrections, if needed.*
- D. Always wear a smile. Make it part of the uniform. No matter how great your clothes look, you won't look good if you have a frown or a scowl on your face.
- E. What about when you're not at school. Then how do you dress? In your grubbies? In oversized men's clothes to cover up your femininity? Are you one who just can't wait to get out of that dress?
- F. It's OK to wear slacks when the occasion calls for it, but always remember to look like a girl and act like a girl.
1. There is a tendency for girls to sit in an unlady-like fashion when they're wearing pants.
    - a. one leg over the arm of the chair, or legs spread apart, or one leg crossed over the other, as men sit.

#### VI. VOICE.

- A. Shakespeare wrote that a voice soft and gentle was 'an excellent thing in woman.'
- B. Yet today women seem to be loud, boisterous and coarse.
- C. To be feminine, a girl should remember to keep the volume of her voice down. You shouldn't hear her above the crowd. Neither should she sound screechy.
- D. Wear a pleasant expression on your face to have a pleasant voice. If your face is all wrinkled and tensed up in anger, it will come out in your voice. If you knit your eyebrows together, you'll sound worried. If you throw your head back and stick out your chin, you sound coarse. But when you smile you can't help sounding sunny and pleasant.
- E. Practice with a tape recorder.

#### VII. POSTURE AND GRACEFUL MOVEMENT.

- A. Good posture is important not only for appearance but for good health as well.
- B. The plumb-line test.
1. Stand in front of a mirror. Relax.
  2. Is your head tilted to one side?
  3. Does one shoulder droop?

4. Is one hip lower than the other?
  5. Are you standing pigeon-toed or slue-footed?
- C. Now turn to the side.
1. Could you draw a straight line from the top of your head, through your ear, to your shoulder, the center of your thigh and down to the arch of your foot?
  2. This is your plumb line. Try it.
- D. Walking gracefully.
1. Hold head erect, but don't put your nose up in the air.
  2. Keep toes pointed straight.
  3. Remain vertical from hips up.
  4. Keep your stride moderate.
  5. Don'ts.
    - a. *Drag or click heels.*
    - b. *Over-swing arms.*
    - c. *Over-reach stride.*
    - d. *Slant head or chest forward.*
    - e. *Sway hips unnecessarily.*
- E. To sit down smoothly:
1. Touch knees to back of chair.
  2. Lower yourself, keeping erect.
  3. Sit down and slide back into place.
  4. Don'ts.
    - a. *Reach backwards with posterior.*
    - b. *Slide palms across hips to smooth skirt.*
    - c. *Fall into your chair with a bang.*
- F. To assume a pretty sitting posture:
1. Keep knees together, ankles together.
  2. Sit tall with hands in lap.
  3. Cross legs above knees.
  4. Cross ankles, keeping knees together.
  5. Don'ts.
    - a. *Sprawl like a floppy rag doll.*
    - b. *Twist feet around chair legs.*
    - c. *Sit with knees apart.*
- G. To pick up something from the floor.
1. Squat down beside the object.
  2. Be sure to keep knees together.
  3. Don't.
    - a. *Bend over to get it.*

### **VIII. EMOTIONAL MATURITY.**

- A. It is true that females tend to be more emotional.
- B. They have tender feelings and cry easily.
- C. Girls also tend to be more loving, compassionate and sympathetic.
- D. These are all positive emotions that should be developed.
- E. However, girls also sometimes tend to be moody, irritable and selfish.
  1. There may even be outbursts of anger or frustration when things don't go her way.
  2. Some tend to be grouchy and critical much of the time.
- F. This type of temperament will not make you popular — not with girlfriends, guys, parents or teachers.
- G. The key is to learn to control your emotions, rather than letting them control you.
- H. Make up your mind to be a happy, cheerful, loving person.

### **IX. CONDUCT.**

- A. Most girls are unaware of the effect they have on the guys.
- B. You need to understand how easily a young man's thoughts turn to sex.

- C. When you become overly friendly or flirtatious with a guy, he considers that an invitation for sex.
- D. Some girls can be sending the wrong message without realizing it.
  - 1. They may flutter their eyelashes or give longing glances.
  - 2. They may put their hands on the guy's shoulder.
  - 3. They may giggle a lot when he's around.
  - 4. They may wear clothes that are too tight, or revealing.
- E. Sure, girls know they do these things to get attention.
  - 1. But they don't realize the kind of attention it will get them.
  - 2. Not only do they attract the wrong kind of guys, but they may wind up with a ruined reputation.
- F. Girls have a God-given responsibility not to tempt men sexually.
  - 1. Be very careful of your conduct at all times.
    - a. *Check your actions and motives to be sure you aren't 'leading a guy on.'*
    - b. *Be careful not to copy the seductive expressions you see on TV, the movies or in magazines.*
  - 2. Don't wear skimpy, immodest clothing.
  - 3. Be discreet in the way you sit, walk and stand.
  - 4. Don't use vulgar language.
- G. What should you do if a guy makes suggestive innuendos or off-color remarks to you?
  - 1. Slap his face?
    - a. *No, remember he may have interpreted something you said or did as an invitation.*
  - 2. But you should tell him that you find it difficult to respect him when he behaves in such a manner, and that you'd appreciate his treating you like a lady.
  - 3. If it should ever happen again, tell him that you have no choice except to report him to your parents or the school administrators.
  - 4. Now, you're probably thinking that if you ever did this, your name would be 'mud' with the guys and your popularity would be ruined.
    - a. *Let me assure you that just the opposite is true.*
    - b. *The guys will deeply respect you and you'll gain the reputation of a pure, wholesome girl.*

**X. THESE CHARACTERISTICS WE'VE DISCUSSED ARE THE ESSENCE OF FEMININITY. THEY WILL HELP YOU TO BE MORE CHARMING AND MORE BEAUTIFUL.**

**XI. IN CONCLUSION, I'D LIKE YOU TO REMEMBER THAT...**

- A girl will never be feminine — no matter how light her step — if she walks roughshod over others!
- A girl will never be feminine — no matter how regal her bearing — if she holds her head high in arrogance and self-conceit!
- A girl will never be feminine — no matter how carefully she places her feet one before the other in a straight line — if she cannot walk a straight line with others, if she is crooked in her dealings, deceitful, disloyal, untrue!
- A girl will never be feminine — no matter how graceful her body motions — if she walks awkwardly with her friends, shoving them thoughtlessly aside to suit her selfish whims!
- A girl will never be feminine — no matter how gently she places her heels on the floor — if she 'kicks others around' in her eagerness to get to the top!
- A girl will never be feminine — no matter how harmoniously her muscles are coordinated — if she is out of harmony with her Creator, out of harmony with family and friends, demanding her way above theirs.

*(Adapted from Christian Charm Course, Emily Hunter, Harvest House Publishers.) 12//86*

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