



~~HYPERFEMININITY
ISN'T A TREND — IT'S
A MOVEMENT~~

AM I TOO
GIRLY?

A ZINE BASED ON THE
HIGHS AND LOWS OF
HYPERFEMININITY

NYLON

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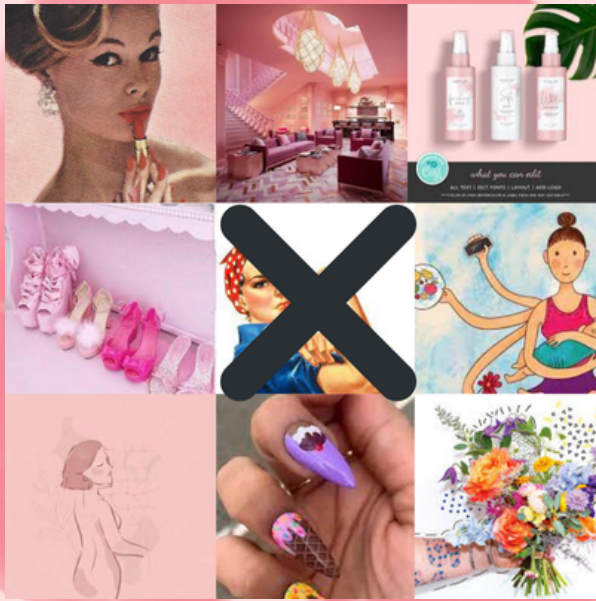
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IS IT TOO GIRLY? - CAMRYN NEDRICK



I put on a dress today
I usually wear sweats or jeans
My friends told me i should dress
like a girl
To not get mistaken for a boy
I felt like dressing like a girl was
like a toddler not eating his
vegetables
I didn't like it
I looked in the mirror
Taking in my figure
I felt uncomfortable but i was a
girl
I only had one thing to think about
Is this too girly?
I know it was to look more
feminine
But do i have to look like
everyone else
Why can't I just be like myself?
Why do girls have a standard?
Why must society hate on us so
much?
Why can't I just be myself?
This is my life right
So where is my right?





Girl I Don't Want to be - Anaiya Gonzalez

"I look in the mirror
and all that I see
Is a girl I don't want to be
Pretty and pink
Beauty and bling
Is this what society needs of me?
I don't want it
But if i don't follow it
But the world won't accept me
If I don't submit
What should I do?

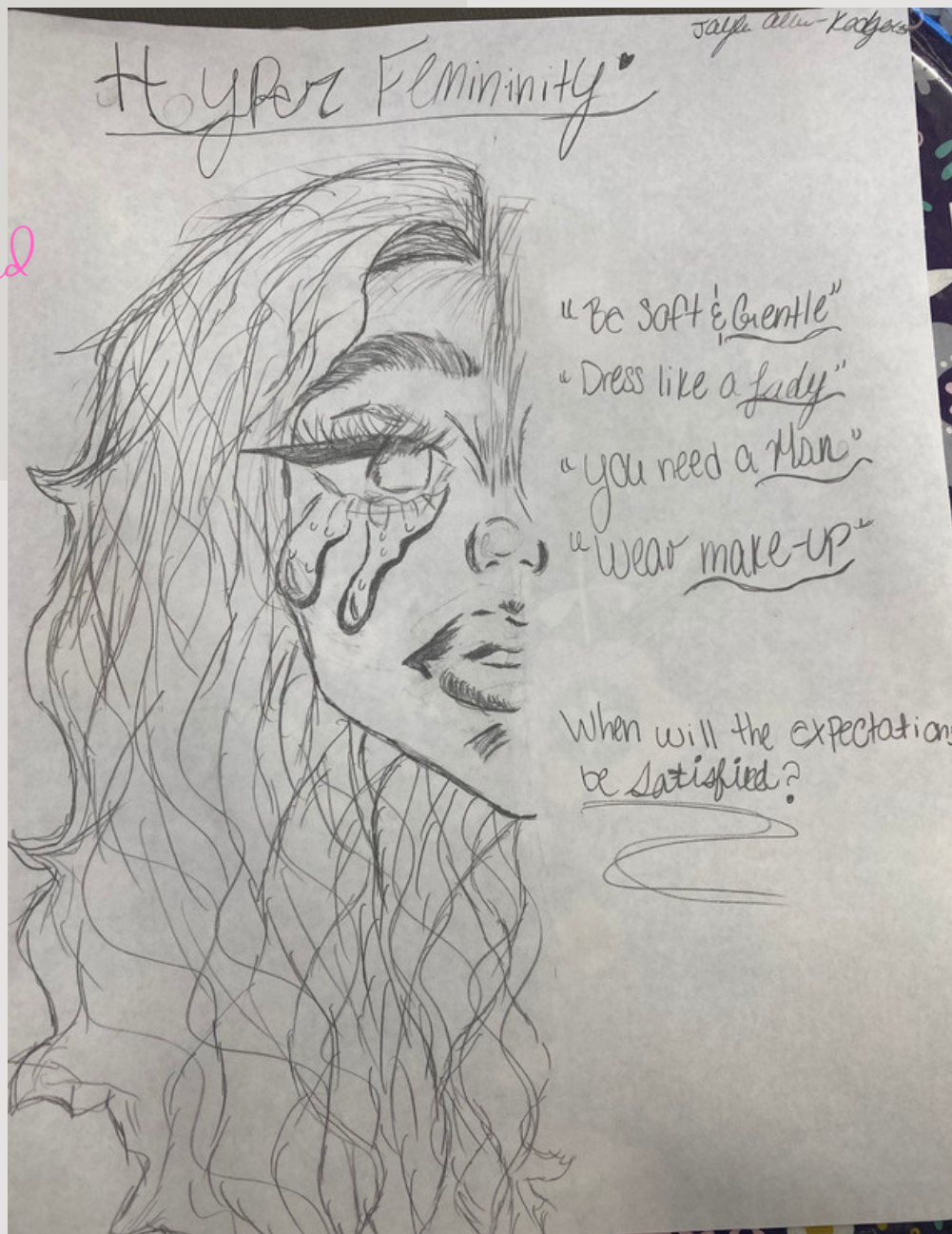
Why is it so hard to live in this world and be you?"

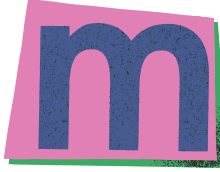
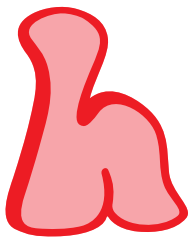


Being Raised as a Standard

By: Jayla Allen-Rodgers

I'm helpless to undress because of the pressure to "act" like a girl.
All the girls wanted was to be attractive, to glow like the sun and to move like waterfalls.
They wish to bless and bless and quiet every exquisite element that is
"Made to be fallen in love with," much like an unwelcome male gaze on the behind.
Suppose I don't demand love?
But without love I am nothing...
You can't keep a man if you don't know how to cook
You can't keep a man if you're not willing to "give it up"
A man...
Our naturalness won't ever be enough.
Voices calling down on us, saying that we are regressing and changing too little.
Still not attractive enough
Never quite good enough
Be more attractive, dress formally, posture, and covering up
When will the expectations be satisfied?





Introduction

- The topic of hyperfemininity comes about on multiple social media platforms such as, Instagram, Twitter, Tiktok, etc. Hyperfemininity has been around since the early 90s and still till this day is a very spoken social issue that we have in our society. Hyperfemininity can mean a lot of things that have to do with being feminine. Whether it is being girly, liking the color pink, etc, being feminine or more into your feminine side, it's still a form of hyperfemininity.

Where does hyperfemininity come from?

- Hyperfemininity comes from the ideal type of woman that is in touch with her more feminine side. For example, wearing a lot of makeup, dressing up a lot, trying to fit in the beauty standards, going on diets, etc. It stems a lot from society as well. From an article I read, its says that hyperfemininity is a movement for girly girls but it's only getting to be known as a trend. But there's a downside to hyperfemininity.

The Downside of hyperfemininity

- While society encourages hyperfemininity, there are major downsides to what hyperfemininity can do to the body or the person. In the article I have read, a girl had seen girls in magazines who were half her size being criticized because of their weight. SHe felt like she had to fit into how society wanted to view her. She tried dieting, the non healthy way throughout high school and when college hit, she had "whittled body down to a trim size 2 thanks to a diet of egg whites, Melba toast, plain yogurt, and Babybel cheese." A lot of girls change their diet to fit in with the beauty standards that society has pronounced upon them. This is why hyperfemininity can also be labeled as toxicfemininity.



News with Naiya



TODAY, I SPOKE WITH ONE OF MY TEAMMATES ABOUT THEIR THOUGHTS ON HYPER/TOXIC FEMININITY. I THOUGHT IT WOULD BE REALLY IMPORTANT TO TALK TO THEM AS NOT ONLY A FEMININE PERSON, BUT A FEMININE PERSON OF COLOR.

- What's your definition of femininity?
 - "When a woman is in touch with their feminine side."
- What are your experiences with being "girly"?
 - "I haven't had many good experiences with being girly because I was forced to. But now I'm okay with being girly if I have to."
- Do you consider yourself feminine?
 - "Somewhat. To a certain extent."
- Do you think women have to be feminine?
 - "No."
- Have you ever noticed masculine women being treated differently than feminine women?
 - "Yes, they get treated like they're really men. Because they're masculine while feminine women actually get treated like women."
- How do you think this affects trans people?
 - "This can affect trans people because usually it depends if it's Male to Female or Female to Male. People still assort them with the gender they're born with so things like this put them in a bad place."
- Do you think toxic femininity and toxic masculinity are similar?
 - "Yes. Because they both are based on gender stereotypes and social norms for both men and women."
- Lastly, what do you think we can do to fix this issue?
 - "Not always agree with what stereotypes that society is pushing forward,"

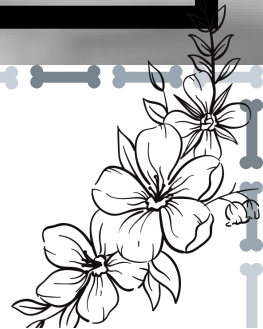
Hyperfemininity


Introduction

What is Hyper-femininity? Why is it so important to address? The term "hyper-femininity" refers to an extreme, rigid, and overt commitment to the stereotypical feminine gender role. The HFQ had five variables: conventional values, superficiality, emotionality, manipulation, and attraction to masculinity. The study was constructed upon two exploratory factor analyses and a confirmatory factor analysis that identified these elements. Studies have shown that people who experience the social standards of Hyper-femininity experience manipulateness, submissiveness, and perfectionism.


Why This topic is important

As stated, Adherence to the stereotypical feminine gender role to an extreme is called hyperfemininity. There is also a sexism element to them, as hyperfeminine women are more inclined to adhere to conventional views and ideas about the rights and functions of women in society. In addition to other traits like nicety, conformity, and politeness, the stereotypical feminine role is linked to nurturing and caring. Based on these culturally accepted correlates of femininity, one may anticipate that a hyperfeminine woman would put more effort into being feminine than the normal woman does in terms of compassion, submission, emotion, and other traits. This is wrong. Women should not have to live up to these stereotypes and be perceived as less or committed to a man. The scant study on hyperfemininity has linked it to unfavorable outcomes and experiences in life. For instance, compared to women who score low on hyperfemininity, hyperfeminine women report higher levels of psychopathology and increased degrees of detachment. Additionally, self-objectification, self-sexualizing actions, and both friendly and aggressive sexism are all positively connected with hyperfemininity.





In Nylon Culture's Hyperfemininity Isn't A Trend— It's A Movement, the article speaks on experiences women have had with the struggles of Hyperfemininity and how it affected them later on in life. In the 90s, hyperfemininity became something that was well known in the throes of Y2K, the golden age of all things glittery and pink. The speaker of 1 story described that For girly girls like her, it was paradise. "I wore makeup to school every single day, I glued french manicure press-ons from the drugstore to my nails, I had every pair of neon sweatpants from Victoria's Secret PINK, and I still have the magenta monogram Coach pochette that I begged my mother for when I graduated fifth grade. But in suburban New England, it also made me a pariah. At school my peers thought the height of fashion was a Tom Brady jersey or Jack Rogers slides, and names like bimbo and ditz followed me from middle school on, despite the fact that I carried straight A's for most of my academic career." She then proceeds to speak on experience of the dark underbelly of the hyperfemininity that marked the early aughts. "I remember pining after the visible hip bones of my friends in their low-rise jeans and seeing magazine covers with young female celebs who were half my size being lambasted for their weight. I was in middle school the first time I went on a diet; in high school my friends and I went on Weight Watchers together, and by college, I had whittled my body down to a trim size 2 thanks to a diet of egg whites, Melba toast, plain yogurt, and Babybel cheese." Hyperfemininity is just something that should be spoken more on in today's society and can be heavy on many's mental health.



More about Us!



Hii! I'm Anaiya and i'm a 16 year old gitl who's had a long time trying to be in touch with my own femininity. When talking about this topic, I felt really strongly about it due to my own problems with my femininity.



Hi I'm Jayla! I'm a 16 year old girl who's also had quite the experience with my feminine side. I feel like the topic of hyperfemininity should be spoken more on because it's a serious social issue that women go through where they face comment such as they need to cover up but people also want them to be more "dressy" or "girly". I've experienced Hyperfemininity most of my life and It was so fun getting to work on this creative project with my group!



I'm Camryn! I'm a 16 year old in high school who was never really in touch with her feminine side. I had experiences with hyperfemininity and I can say that it's an interesting topic to talk about. It's a very strong social issue and i'm glad my group can talk about it in our zine!

Anaiya's Artist Statement :

I think I contributed creativity by making it all pink and cute. I really enjoyed the mix of embracing all of our feminine sides while explaining our struggle and others struggles with it. My poem and collage are also very tied together. The collage is a visual representation of a girl hiding her masculine side and only presenting herself feminine despite the fact that it isn't what she wants.



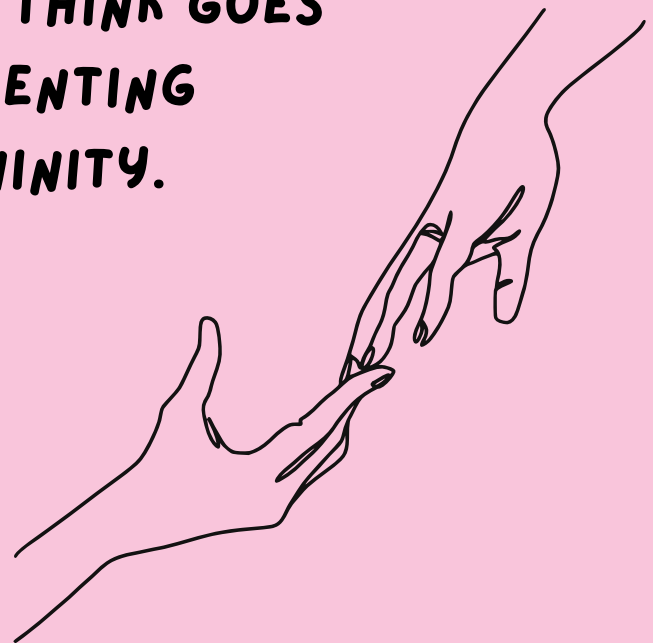
Jayla's Artist Statement:

In my group's and I's zine, I think I demonstrated creativity by using a lot of pink and images to symbolize our feminine aspects while still exploring our zine's central theme. I was touched by the poetry of Ada Limón, and I based my poem submission on "Late Summer After a Panic Attack," one of her poems. Ada Limón uses visual imagery and metaphors in her poem Late Summer After a Panic Attack to eloquently convey the perspective of someone else. By utilizing them to describe the experience of a person dealing with the social norm of hyperfemininity in my poetry, I also included those approaches. I provided a unique drawing as my creative submission. With a girl sobbing off her makeup and statements that females often hear on a daily basis about how to be more feminine and what they should and shouldn't wear, it matches the poem I wrote. It's only to show the emotional experience that most women go through when they are taught to be more feminine and to act in certain ways because they are women.

Camryn's Artist Statement



IN THIS ZINE WE MADE, WE USED CREATIVITY BY USING THE USAGE OF PINK TO CREATE A GIRLY CONCEPT TO OUR SOCIAL ISSUE THAT WE ARE TALKING ABOUT, HYPERFEMININITY. BY SEEING HOW OCEAN VUONG INCORPORATES HIS PERSONAL LIFE INTO HIS POEMS, I WAS INSPIRED TO USE HIS POET STYLE AND MAKE MY POEM "IS IT TOO GIRLY? PERSONAL. THE COLLAGE IS ALL THE ELEMENTS THAT I THINK GOES INTO REPRESENTING HYPERFEMININITY.



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