這是一份針對 **第 11 週：身體與審美標準（Body & Beauty Standards: From Aesthetic Pressure to Internalized Discipline）** 設計的全英文版網頁內容文件。

本文件已將英文程度調整至流暢的 **B1-B2** 水準，並精確提取原始資料中的學習目標、理論核心、討論問題與影片資源，協助學生從學術與實務角度理解審美權力。

## 🧬 Week 11 | Version A: Professional English (Core Theory & Inquiry)

**Theme: From Aesthetic Pressure to Internalized Discipline**

### 🎯 Weekly Learning Goals

By the end of this lesson, you will be able to:

* **Explain** how beauty standards function as mechanisms for gender regulation.
* **Analyze** how patriarchy disciplines both femininity and masculinity.
* **Identify** the phenomenon of "internalized body surveillance".
* **Critically evaluate** the influence of media and commercial industries on body norms.
* **Propose** alternative representations that resist the current aesthetic hierarchy.

### 🧠 Theoretical Core: The Shift from Regulation to Discipline

While harassment represents a visible use of power, body discipline operates through **invisible power**. In this stage of socialization, gender norms move from external enforcement to **internalization**.

+2

1. **The Body as a Regulated Site:** Gender policing extends to the physical body, regulating size, posture, muscle, and even skin .
2. **Gendered Discipline:** Under the aesthetic hierarchy, women are often told to **shrink** (be thin and soft), while men are told to **expand** (be tall and muscular). Both groups are controlled, but in different ways.
3. **Commodification of Insecurity:** Insecurity is profitable. Industries such as beauty products, cosmetic surgery, and fitness supplements benefit when people feel their natural bodies are "not enough" .

+1

### 🎬 Engaging Themes & Critical Discussions

We will explore these concepts through diverse media narratives:

* **The #LikeAGirl Campaign:** How language shapes self-regulation and identity .
* **Ashley Graham’s Body Positivity:** Analyzing if empowerment is sometimes used as a branding tool .
* **Media Malice (The Titanic Case):** Discussing how the media attacked Kate Winslet’s weight, reinforcing the idea that women must be thin to be "worthy" .
* **The Mask You Live In:** Exploring the emotional cost of "Hegemonic Masculinity" and the pressure on men to suppress vulnerability .

#### 💡 Deep Inquiry Questions:

1. **The "Invisible Cage":** How much time do we spend daily monitoring our appearance to meet social expectations?
2. **The Profit of Shame:** Who benefits financially when you feel unhappy with a specific part of your body?
3. **Self-Surveillance:** In the age of social media and filters, how do we become both the "watcher" and the "watched"?
4. **Resisting the Norm:** Can we imagine a media representation that values health and diversity over a strict aesthetic hierarchy?

### 💬 Teacher’s Closing Script

"Harassment uses force; beauty uses mirrors . While harassment silences through fear, beauty standards silence through constant comparison . Power is not always loud. Sometimes it whispers: 'You are not enough' . When we recognize that whisper, we reclaim our agency".

## 🧬 Week 11 | Version B: ESP English (Skills & Proficiency)

**Theme: The Language of Aesthetic Hierarchy and Self-Regulation**

### 🎯 ESP Intended Learning Outcomes (ILOs)

Students will be able to:

* **Utilize** academic vocabulary related to beauty norms and body surveillance.
* **Analyze** media messages regarding physical appearance using structural frameworks.
* **Explain** the connection between beauty standards and social inequality.
* **Propose** alternative, inclusive representations in professional discussions.

### 📚 Academic Vocabulary & Conceptual Practice

To discuss body politics professionally, master these key terms:

| **Key Term** | **Simple Definition** | **Practical Example** |
| --- | --- | --- |
| **Aesthetic Hierarchy** | A social ranking system for beauty. | "The media maintains an **aesthetic hierarchy** by only featuring thin models." |
| **Body Surveillance** | Constantly monitoring one's own body. | "Social media encourages **body surveillance** through filters and likes." |
| **Commodification** | Turning something (like a body) into a product. | "The **commodification** of beauty creates massive profit for the diet industry." |
| **Internalized Discipline** | Self-correcting to follow social rules. | "Wearing makeup can be a form of **internalized discipline** to meet gender norms." |

### 🛠 Discourse Scaffolding: Analyzing Media

Use these B1-B2 sentence frames to build your arguments:

* *"This advertisement illustrates how* ***beauty standards*** *function as a form of* ***gender regulation****."*
* *"From a* ***structural perspective****, this commercial benefits the industry at the expense of consumer self-esteem."*
* *"This phenomenon suggests that* ***body surveillance*** *has become a routine part of daily life."*

### 🗣 Final Mission: Connect to TEEMI

Prepare your academic voice for the **TEEMI Oral Speaking Task**.

**TEEMI Practice Mission:**

1. **Task:** Select a recent advertisement (fitness, beauty, or fashion).
2. **Analysis:** Identify the "Aesthetic Hierarchy" presented. Who is centered, and who is marginalized?
3. **Target Requirement:** Use at least three key terms from today’s list (e.g., *Self-regulation, Commodification, Bias*).
4. **Mini-Report Frame:**
   * "In this campaign, we see a clear **Aesthetic Hierarchy** because..."
   * "This reinforces **Body Surveillance** by suggesting that..."
   * "An alternative representation that resists this norm would be..."

[**Launch TEEMI Body Image Lab**]

這份針對 **第 11 週：身體與審美標準（Body & Beauty Standards: From Aesthetic Pressure to Internalized Discipline）** 設計的網頁內容文件，已根據您的要求將英文程度調整至流暢的 **B1-B2** 水準，並精確提取原始資料中的學習目標與理論核心 。本週的核心在於探討審美標準如何作為性別管控的機制，並分析權力如何從外部的規訓轉向內在的自我監督 。

## 🧬 Week 11 | Version A: Professional English (Core Theory & Inquiry)

**主題：從審美壓力到內化的紀律（From Aesthetic Pressure to Internalized Discipline）**

### 🎯 Weekly Learning Goals（每週學習目標）

在本課結束時，學生將能夠：

* **解釋**審美標準如何運作並成為性別管控的機制 。
* **分析**父權制度如何規訓女性與男性的氣質 。
* **辨識**內化的「身體監視」（Internalized Body Surveillance）現象 。
* **批判性地評估**媒體與商業對身體規範的影響 。
* **提出**能抵制審美階層（Aesthetic Hierarchy）的多元呈現方式 。

### 🧠 Theoretical Core: The Shift from Regulation to Discipline（理論核心：從管控到規訓）

在本週的課程中，我們將探討權力運作方式的轉變。如果說上週的「騷擾」是可見的權力行使，那麼本週的「身體規訓」則是一種無形的、隱形的權力 。

* **自我規訓（Self-Regulation）：** 審美標準不僅是外部的壓力，更會轉化為一種「內化的紀律」。當我們在照鏡子或挑選衣服時，往往會無意識地用社會的眼光來評判自己 。
* **審美階層（Aesthetic Hierarchy）：** 社會建立了一套高低有別的審美標準，將某些特徵（如瘦、白、符合性別刻板印象）置於階層頂端，而將其他特徵排斥在外 。
* **商品化（Commodification）：** 身體往往被媒體與商業轉化為商品，透過創造對容貌的焦慮來推銷產品 。

### 🎬 Engaging Themes & Discussions（吸引人的主題與討論）

我們將透過多個具代表性的案例，分析審美標準如何塑造我們的自我認同：

* **《像女孩一樣》（#LikeAGirl）：** 分析為什麼「像女孩」在社會語言中常帶有負面含義，以及這如何影響青少年的自我形象 。
* **黑人女性的身體經驗（Black Girls Documentary）：** 探討在多元交織性（Intersectionality）下，不同族群如何面對審美觀的抗爭 。
* **大尺碼名模的挑戰（Ashley Graham TED Talk）：** 反思媒體如何定義「美」，以及如何打破單一的身體規範 。
* **媒體的惡意（Titanic – Rose）：** 討論大眾媒體如何透過細微的負面描寫來規訓女性的體態 。

#### 💡 Critical Inquiry Questions（深度思考問題）：

1. **「身體監控」如何像一個「隱形的籠子」？** 我們每天花多少時間在思考自己的外觀是否符合他人的期待？
2. **誰是審美標準的受益者？** 當我們感到焦慮時，誰在背後獲得了商業利益？
3. **媒體如何強化這種階層？** 如果媒體中只有一種「完美的身體」，這對大眾的自尊心會產生什麼影響？
4. **我們如何抵制這種規訓？** 我們能提出哪些不包含暴力、充滿包容性的身體敘事？

### 💬 Teacher’s Closing Script（結語）

性別規範並不總是震耳欲聾的，有時它只是在我們耳邊低語：「你不夠好。」當我們能看見這些隱形的低語時，我們就能重新掌握自己的主體性。第 11 週教導我們：權力不一定是以暴力的形式出現，它也隱藏在我們的愛美之心與自我批判中 。

## 🧬 Week 11 | Version B: ESP English (Skills & Practice)

**主題：身體與審美標準的語言分析（The Language of Body and Beauty Standards）**

### 🎯 ESP Intended Learning Outcomes (ILOs)

學生將能夠：

* **使用**關於審美與身體規範的結構性詞彙 。
* **分析**媒體中關於外表的訊息 。
* **解釋**審美標準如何創造不平等 。
* **在口說或寫作中提出**多元的、抵制傳統標準的替代方案 。

### 📚 Academic Vocabulary & Practice（學術字彙與實踐）

為了更精確地討論身體議題，我們需要掌握以下 B1-B2 程度的關鍵術語：

| **關鍵字彙** | **簡單定義** | **應用範例** |
| --- | --- | --- |
| **Aesthetic Hierarchy** (n.) | 審美階層 | 「這部廣告強化了**審美階層**，只展示纖瘦的模特兒。」 |
| **Body Surveillance** (n.) | 身體監視 | 「社群媒體可能導致嚴重的**身體監視**，讓人不斷檢查自己的自拍照。」 |
| **Commodification** (n.) | 商品化 | 「身體的**商品化**將自然特徵轉變為獲利的工具。」 |
| **Self-Regulation** (n.) | 自我規訓 | 「我們透過妝容與服裝進行**自我規訓**，以符合社會的性別規範。」 |

### 🛠 Discourse Scaffolding: Analyzing Media Messages（語言鷹架：分析媒體訊息）

學生可以使用以下句型來練習結構性批判 ：

* *"This phenomenon illustrates how* ***beauty standards*** *function as a form of* ***gender regulation****."*
* *"From a structural perspective, this standard is* ***socially constructed*** *to benefit the industry."*
* *"The media reinforces* ***body surveillance*** *by constantly focusing on perfection."*

### 🗣 Final Mission: Connect to TEEMI（口說任務：連結 TEEMI 練習）

為了準備課後的 **TEEMI 口說練習**，請嘗試回答以下主題，這將幫助你提升專業英語表達力：

**TEEMI 練習任務：**

1. **主題：** 選擇一個媒體案例（如廣告或電影角色），描述它所傳達的審美訊息。
2. **要求：** 使用至少三個本週學習的關鍵詞（如 *Self-regulation*, *Hierarchy*, *Representation*）。
3. **目標：** 向 TEEMI 說明，為什麼這種審美觀是一種「性別規訓」？你建議可以用什麼樣的多元呈現來取代它？

[**啟動 TEEMI 身體認同口說練習室**]

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