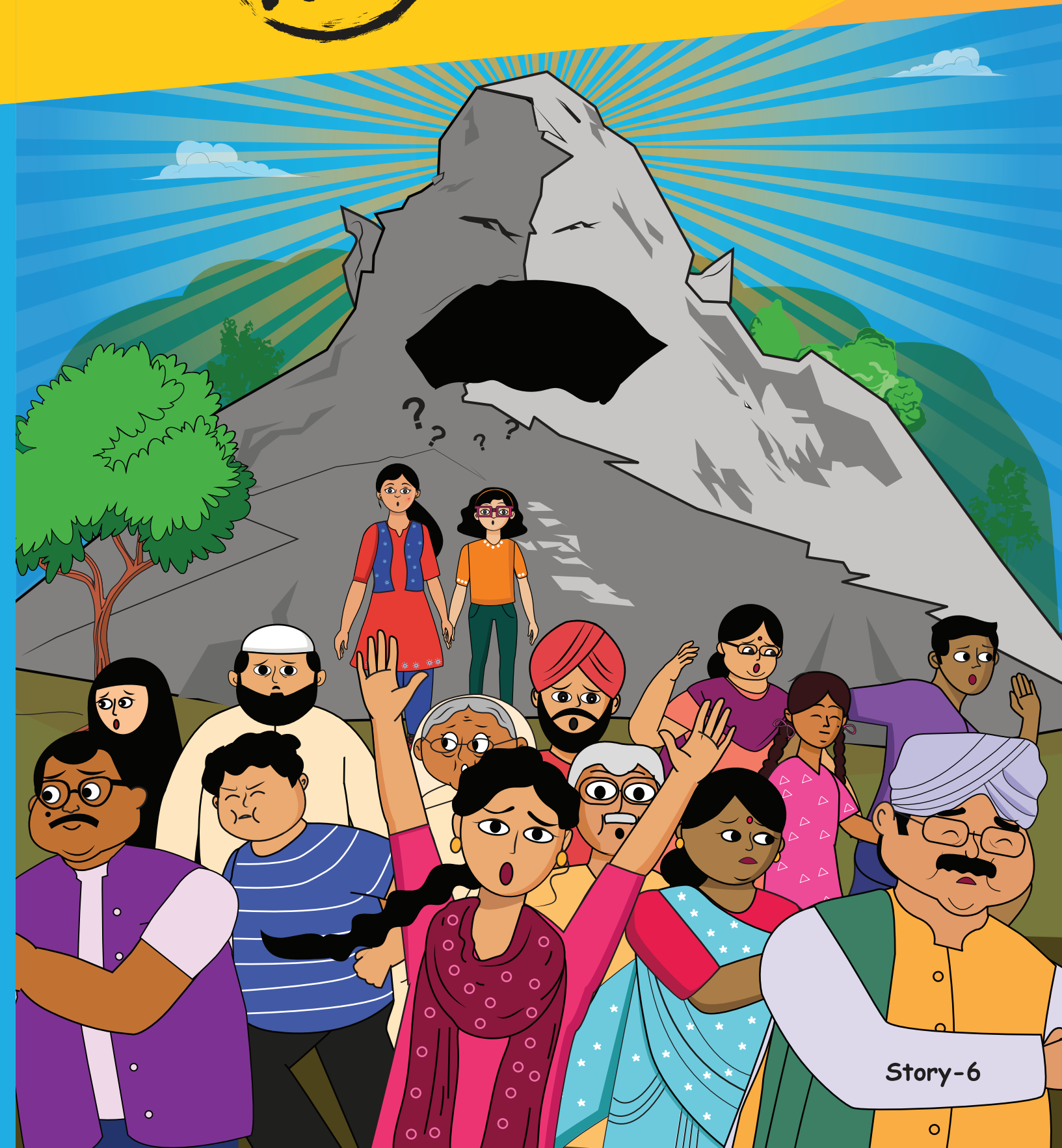
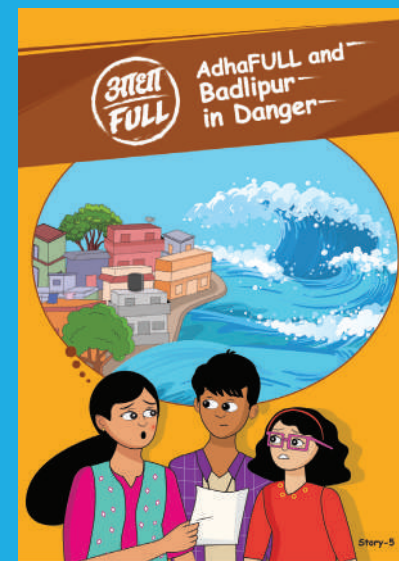
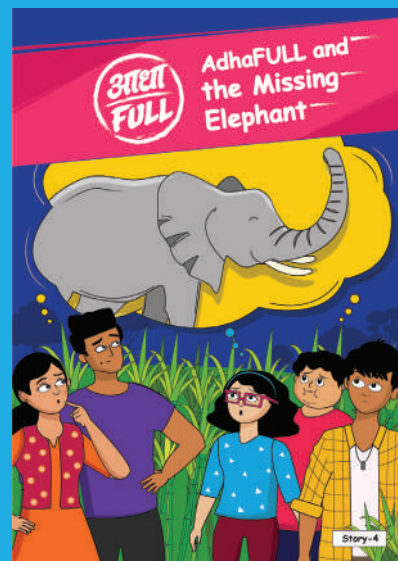




AdhaFULL and the Talking Rock

There are many more adventures of AdhaFULL. Read them all, don't miss even a single one.



Developed and created by BBC Media Action with support from UNICEF, DOVE and the Centre for Appearance Research



- Name: Kitty
- Age: 16 years
- Grade: Eleventh
- Merits: Sometimes peppy
Sometimes sensible. Mostly both!
- *Nothing is impossible for Kitty

Kitty



- Name: Adrak
- Age: 15 years
- Grade: Dropped school after seventh
- Merits: Idea bank number one.
- *Adrak is packed with ideas!

Adrak

'The' AdhaFULL team of Badlipur



- Name: Tara
- Age: 12 years
- Grade: Seventh
- Merits: A living encyclopedia
- *Tara never tells a lie

Tara

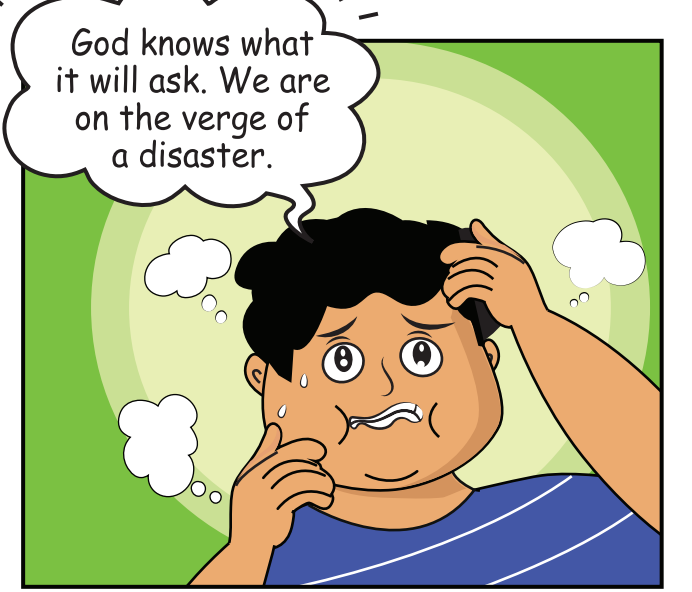
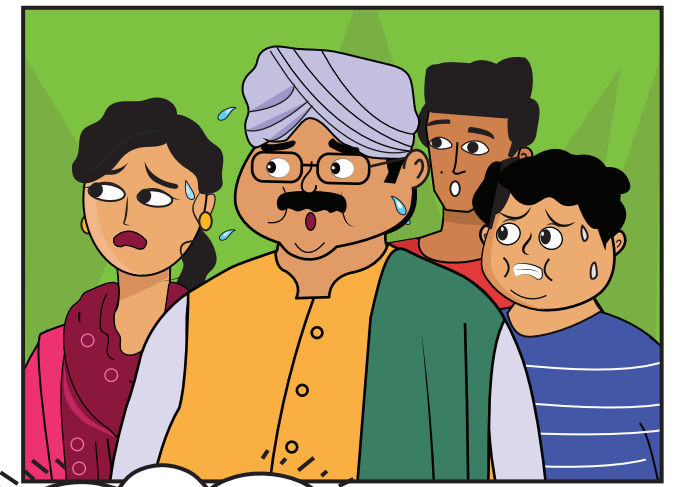
The three live in Badlipur and love playing detectives. Whenever something happens in Badlipur, they are the first on the scene, and together, solve the toughest of cases. Everybody knows them as the AdhaFULL team.

They say there lives a monster in the rock of Badlipur hill.
One day, a writing was seen on the rock.

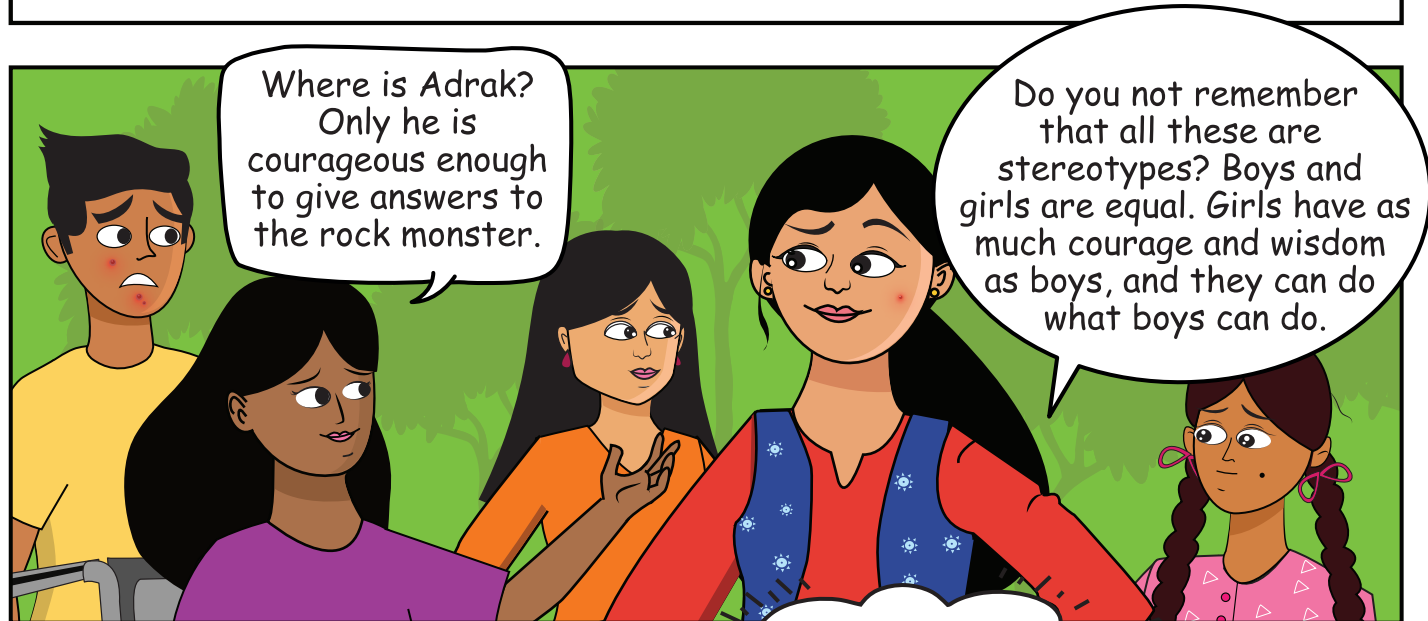


Someone must be kidding, rock monsters are a thing of stories only.

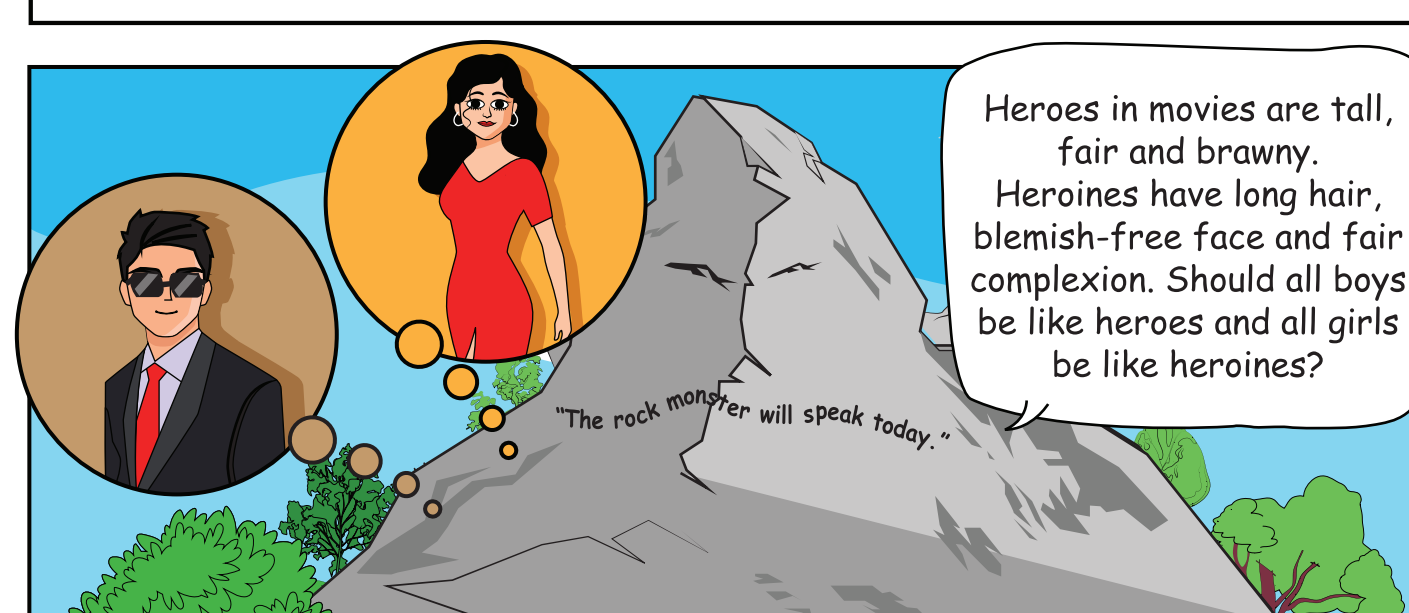
No, no, our grandmother used to say that a monster lived on this hill.



Hearing this, all the children went to Kitty.

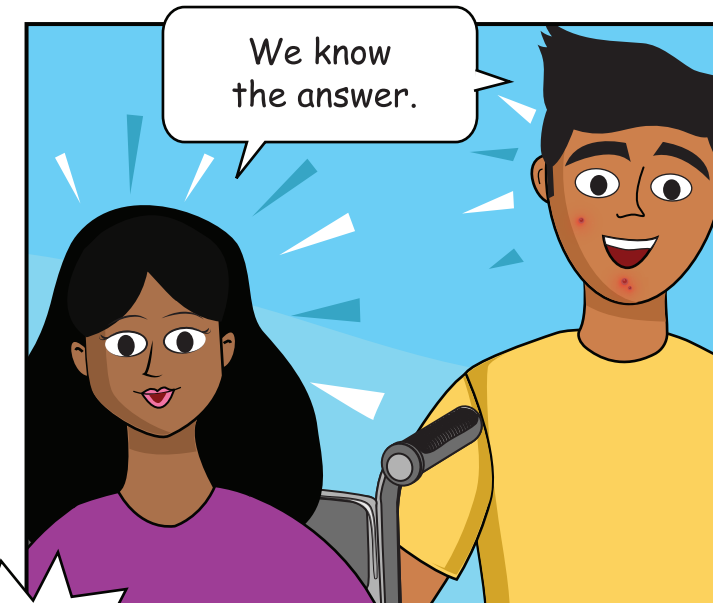


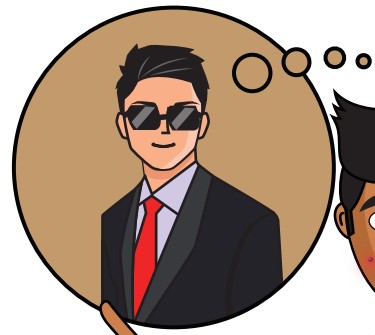
Then, the rock monster began asking questions.



All children began to think about the answer.

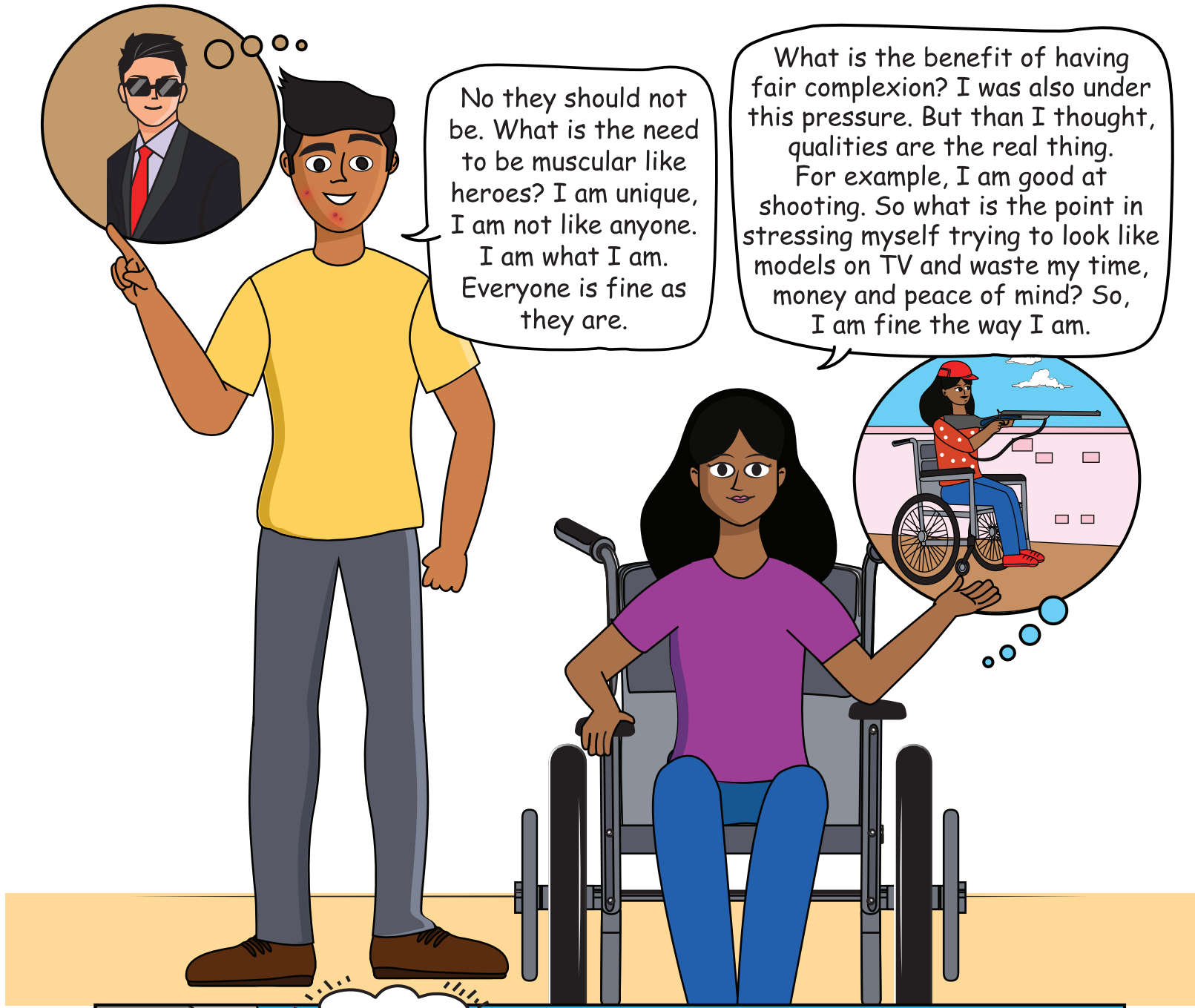
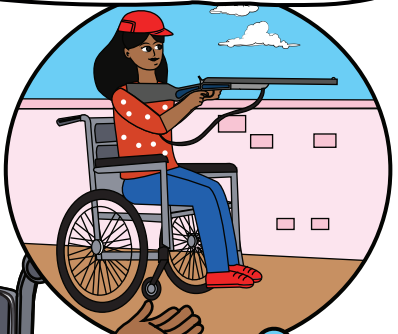
Payal and Abhay speak simultaneously.





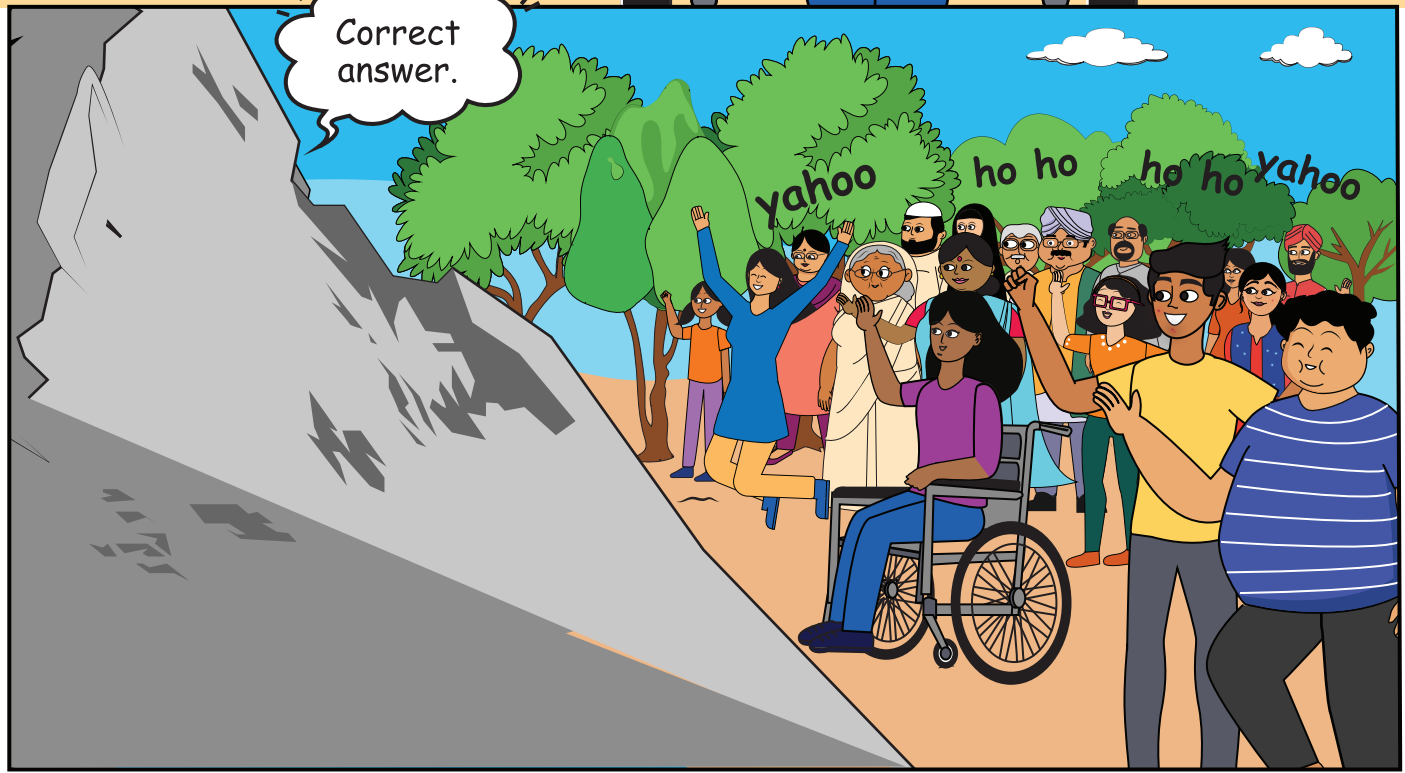
No they should not be. What is the need to be muscular like heroes? I am unique, I am not like anyone. I am what I am. Everyone is fine as they are.

What is the benefit of having fair complexion? I was also under this pressure. But than I thought, qualities are the real thing. For example, I am good at shooting. So what is the point in stressing myself trying to look like models on TV and waste my time, money and peace of mind? So, I am fine the way I am.



Correct answer.

yahoo ho ho ho yahoo



There are 3 more questions to go.

"The rock monster will speak today."



Ask.



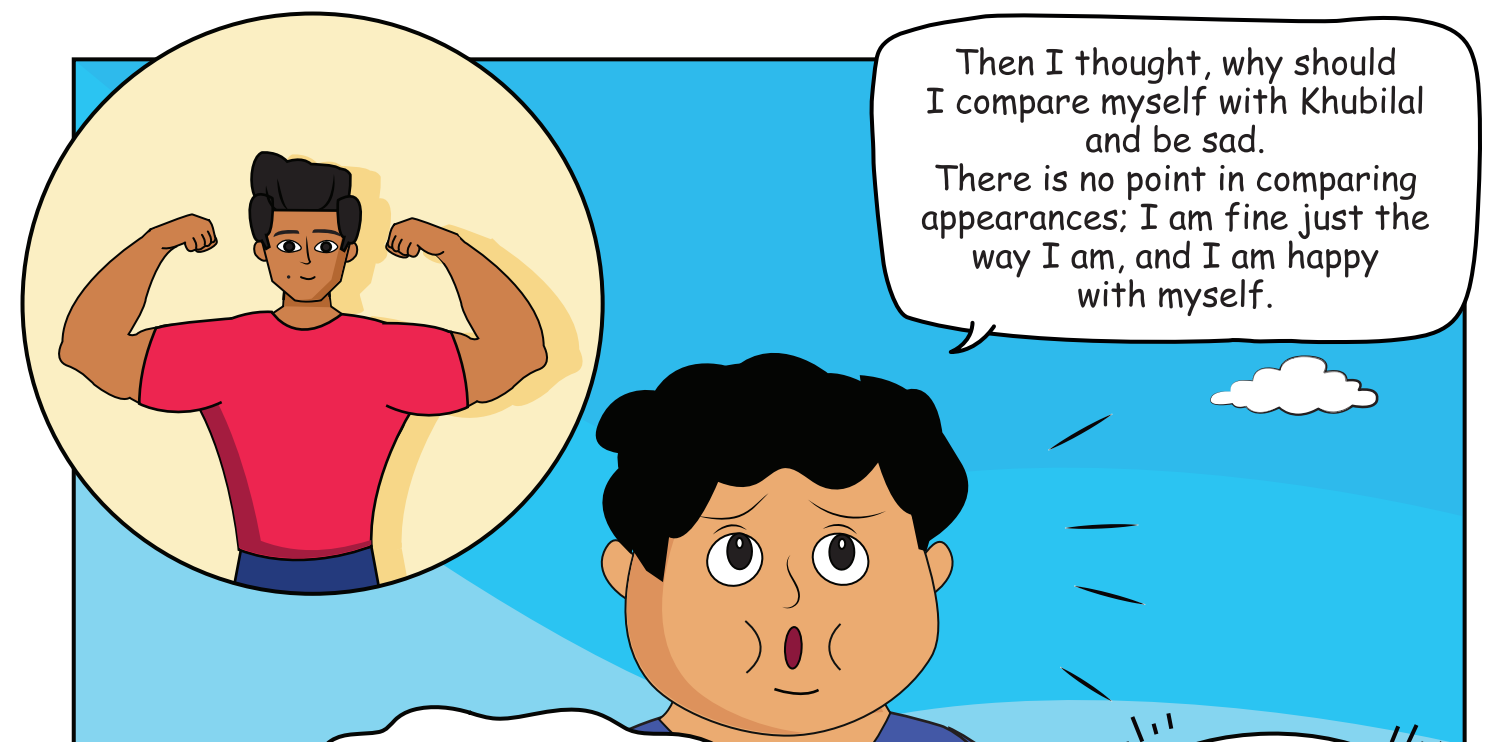
Why do heroes look the way they are shown in commercials and movies?

Due to makeup. So that they may look good and sell their goods with the help of commercials. But these pictures do not show the real picture; they are significantly changed. It is not possible to look like them. Therefore, we should not try to look like them.



Correct answer.



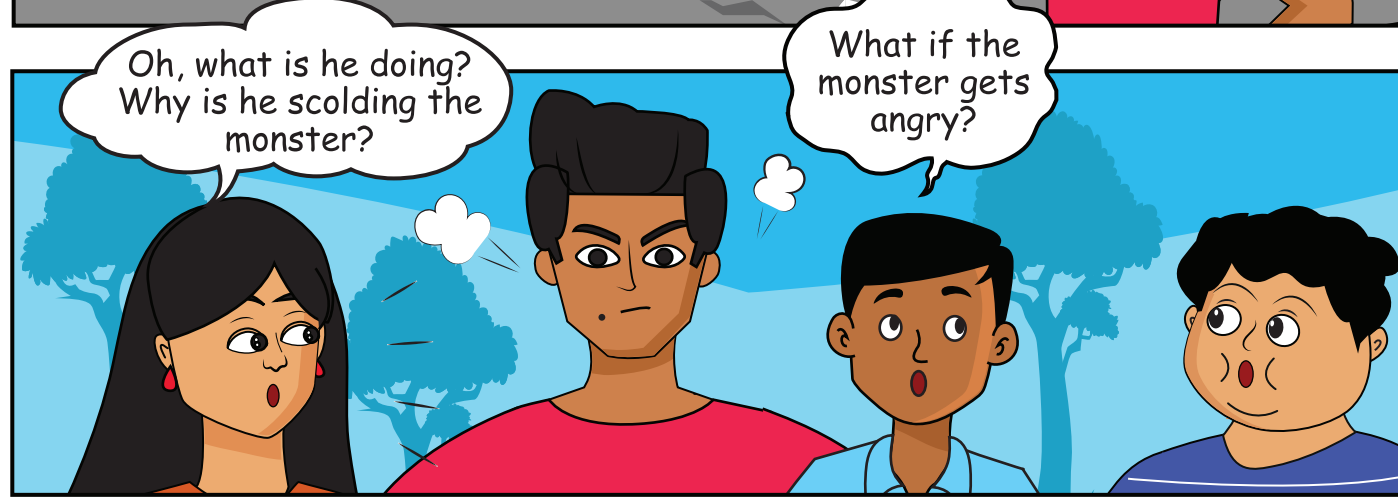




Wow! What an answer. Now, I will ask the last question.

I asked someone, "Have you lost weight? You are looking quite good." Did I do the right thing by asking this question?

Why did you ask this question? You did the wrong thing. You are a big monster, and you still don't know what happens when someone comments on looks?



Oh, what is he doing? Why is he scolding the monster?

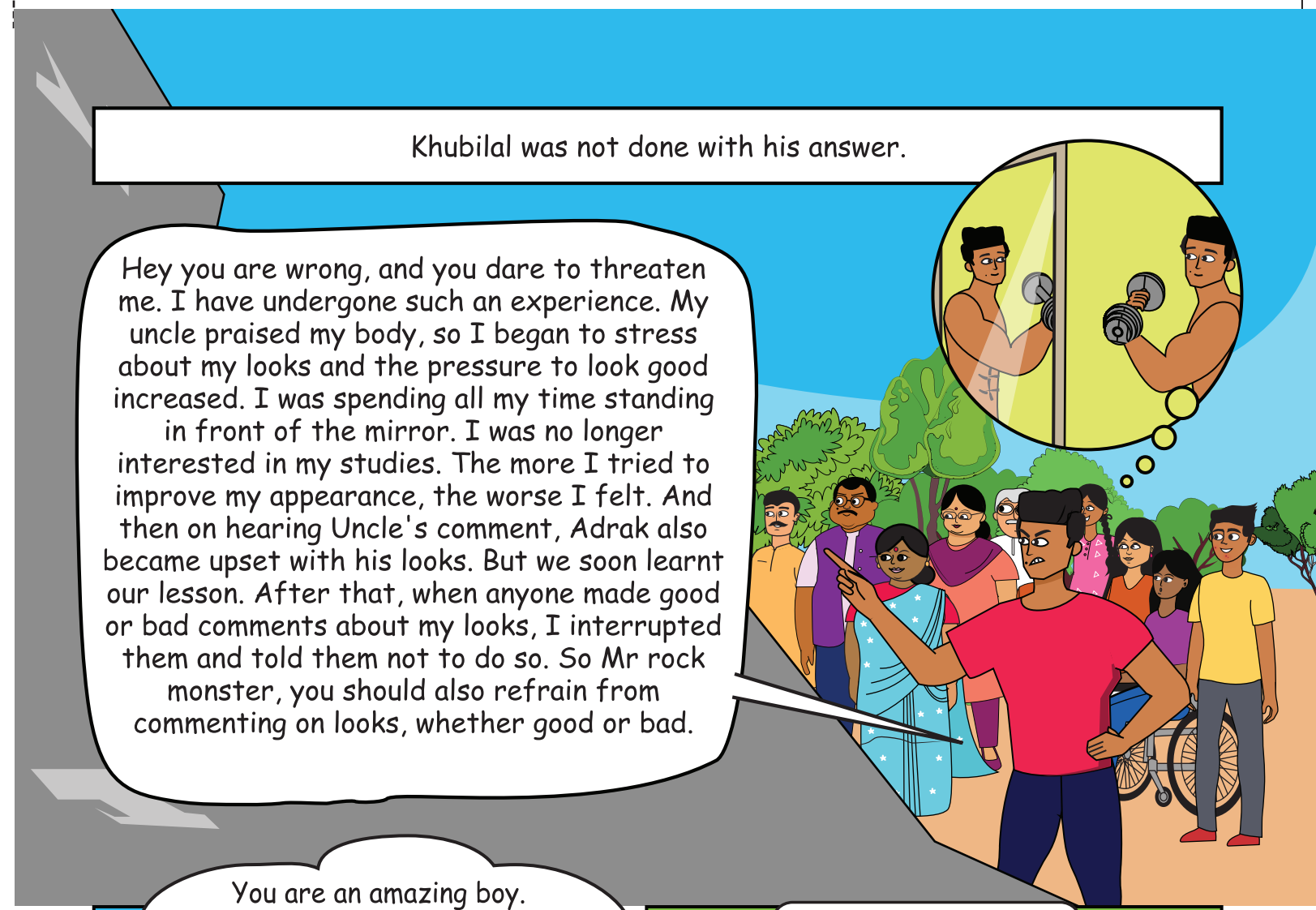
What if the monster gets angry?

On hearing Khubilal's answer, the monster spoke.



"The rock monster will speak today."

It seems you do not care for your life. That is why you are talking to me in this tone.



Khubilal was not done with his answer.

Hey you are wrong, and you dare to threaten me. I have undergone such an experience. My uncle praised my body, so I began to stress about my looks and the pressure to look good increased. I was spending all my time standing in front of the mirror. I was no longer interested in my studies. The more I tried to improve my appearance, the worse I felt. And then on hearing Uncle's comment, Adrak also became upset with his looks. But we soon learnt our lesson. After that, when anyone made good or bad comments about my looks, I interrupted them and told them not to do so. So Mr rock monster, you should also refrain from commenting on looks, whether good or bad.

You are an amazing boy. I asked a question and you narrated an entire story as the answer. You are absolutely right.



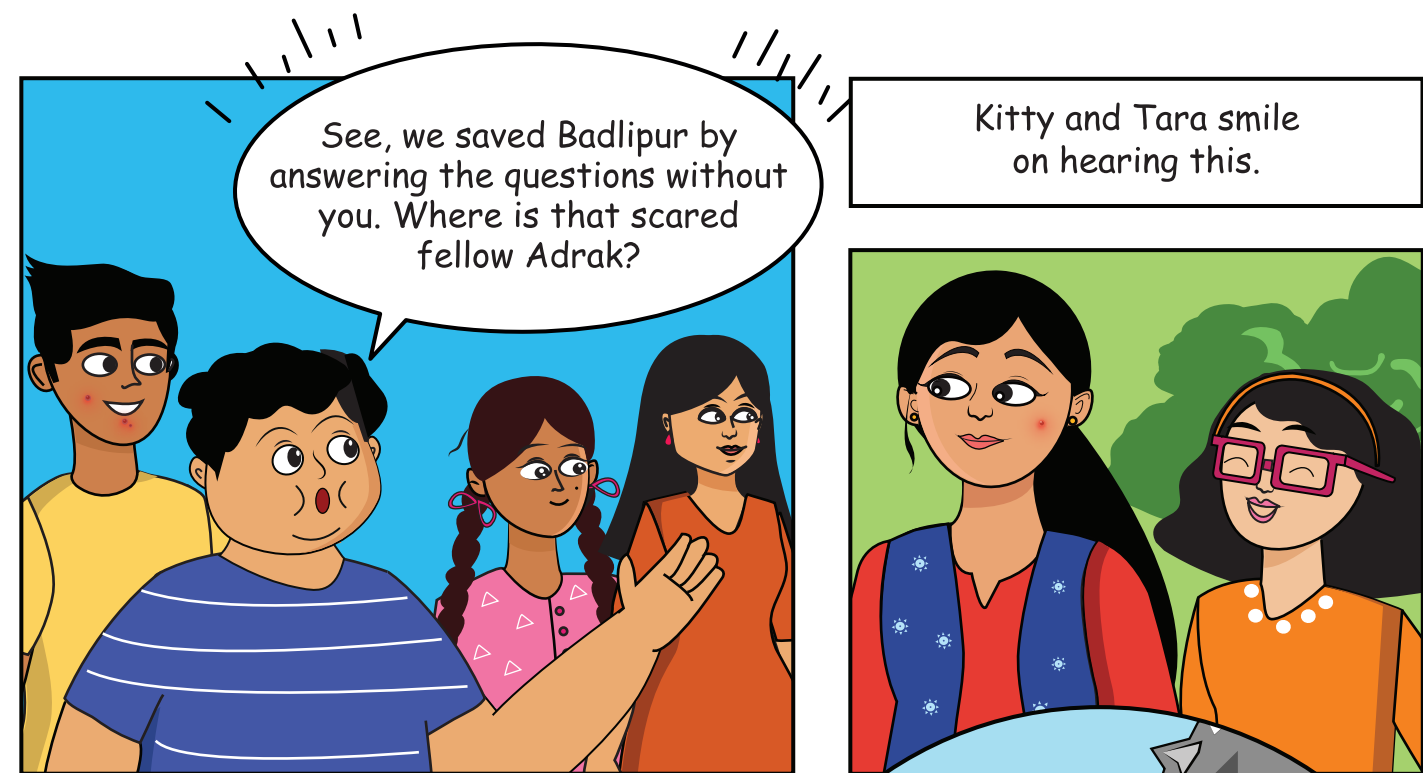
"The rock monster will speak today."



We won.



Hearing the rock monster, all of them cheered with happiness.



Just then, Adrak comes to Kitty and Tara.



*It was Adrak speaking from behind the rock. It was an idea from AdhaFull.

Comparing appearances and talking about physical appearance is a common thing in our society. But, such talks are harmful for everyone and promote the pressure of achieving the ideal look. These talks distract people from their merits and interests. Body talk is harmful not only for the people who are praised for their looks, but also for people around them. For example, they can start feeling as if they lack something, due to which, they spend all their time worrying about their looks.

With our planning, all the children of Badlipur no longer have to stress about their looks.

Long live AdhaFULL.

The End

Moral of the Story

What did you learn from this story?

Stereotypes are there for long and they are imbibed in our society. They are harmful to both, boys and girls, and they prevent them from moving forward in life. It is necessary that both, boys and girls, are given equal opportunities to move forward.

We try to look like what we see as the ideal appearance on TV and in commercials, due to which we feel stressed. Whatever we see on TV and in commercials, is portrayed in such a way that we feel bad about our looks, and then we buy all those items which will help us achieve the ideal look. Therefore, we should not compare ourselves with what we see on TV and in magazines. Because, what we see is not the reality and cannot be achieved. It is just a waste of our time, money and peace of mind.

Comparing appearances and talking about bodily appearance is a common thing in our society. But, such talks are harmful for everyone and promote the pressure of achieving the ideal look. These talks distract people from their qualities and interests. Body talk is harmful not only for the people who are praised for their looks, but also for people around them. For example, they may begin to feel something they lack, due to which, they spend all their time worrying about their looks.

Must play



Four sentences have been given below, which are based on the moral of all the stories. Read them carefully and complete them.

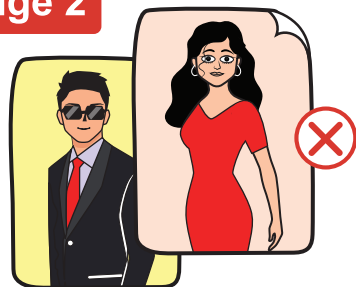
Example: We should pay attention to our qualities, because they make us unique and different.

Pledge 1

We will not believe in gender stereotypes because...



Pledge 2



We will not make good or bad comments about looks because...

Pledge 3

We will not compare our looks with others because...



Pledge 4

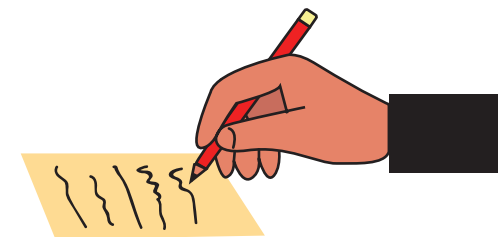


We will not make good or bad comments about looks...

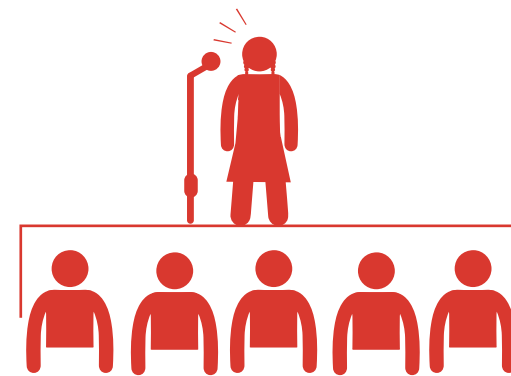
Play this one too if you wish



Now, that you have read all the comics and taken the pledge, tell us how you will discuss with your friends and relatives about what you have learned from these comics.



For example, will you write a letter to your uncle telling him about these topics?



Or, will you share these lessons with all the children during prayer assembly in your school?