ADULT 101: PERSONA

PERZINES: DESIGNING AND SHOWCASING YOUR IDEAS

OVERVIEW: This program focuses on creating perzines, personal zines that focus on teens' personal experiences, thoughts or ideas from everyday life. Over the decades, zines have served as a way to self-publish views, images and ideas on a variety of topics to share with others. With this PIAB, teens are encouraged to create perzines as a way to express themselves through introspective reflection in this self-esteem and confidence-building activity.

OPTIONAL PROGRAM TITLES AND PROGRAM DESCRIPTIONS:

Become a Personal Zinester!

Be an author, illustrator and publisher all-in-one. Get on the zine scene. Come by the library and create a perzine, a do-it-yourself mini-magazine reflective of you. This activity will focus on building confidence and self-esteem. We'll supply the materials. You supply the inspiration.

Be a Part of the Perzine Scene

Have you heard of a perzine, but you are not quite sure what it is? A perzine is a do-it-yourself mini-magazine reflective of you. Come by the library and make one with us. This activity will focus on building confidence and self-esteem. We'll supply the materials. You supply the inspiration.

Get the Word Out

Do you have something to say, but no one is listening? Get on the perzine scene. Come by the library and create a perzine, a do-it-yourself mini-magazine reflective of you. This activity will focus on building confidence and self-esteem. We'll supply the materials. You supply the inspiration.

This program will encourage teens to prepare for adulthood and entry into the workforce by helping them to identify their positive attributes, proficiencies, and abilities to achieve, i.e. build self-confidence and self-esteem. This exercise in self-awareness, through a creative activity, may help inspire teens to value their authentic selves and feel comfortable sharing that with others.

PREP TIME: 15 minutes

PROGRAM TIME: 1 ½ hours

CLEAN-UP TIME: 10 minutes

STAFF REQUIRED: 1 librarian for small groups of 10 or less – add 1 Aide or Page for groups larger than 10

MATERIALS IN THE PIAB

- PIAB Instructions
- Rulers
- Glue (sticks or pens)
- Decorative paper/Cricut paper
- Construction paper
- Washi tape
- Colored markers
- Colored pencils
- Pencils
- Erasers
- Stamps
- Ink pads
- Free open clip art (see pages 14 - 16 of these instructions)

ADDITIONAL SUPPLIES (NOT PROVIDED IN PIAB):

- Laptops or computers with printer access (if available – laptops may be requested from Teen Services or your Regional Office)
- Projector (may be requested from Teen Services or your Regional Office)
- 8 ½" x 11" white photocopy paper
- Scissors
- Stapler and staples
- Magazines/newspaper/old recyclable books
- Access to photocopy machine

PROGRAM INSTRUCTIONS

1. Start the program by giving teens the Adult 101 Pre-program Survey.

2. Explain to your teens that this program has two parts. First, you will discuss self-confidence and self-esteem and then teens will create perzines.

   Let teens know that the purpose of this activity is to build confidence and self-esteem. Some ways to build confidence and self-esteem are listed below (share with the teens):

   - Becoming aware of our good qualities
   - Knowing what we do well
   - Having positive thoughts
   - Knowing that we have the ability to achieve goals and dreams

3. **Icebreaker** (approximately 5 minutes)

   Do the icebreaker by asking teens any of the following questions:
   - What does confidence mean to you?
   - How is it helpful to know your good qualities?
   - Think of a time in your life when you felt really confident. What did that feel like?
   - Who is someone who has contributed to your confidence? How did they do it?
   - What is one specific thing you do that helps you feel good about yourself?
   - Why shouldn't you compare yourself to other people?
   - Why is it important to have confidence in who you are and what you can do?
   - Is it important to do your best when interacting with people?
   - Why is it important to express confidence when getting a job?
   - In thinking toward the future in joining the workforce, why is it important for one to be confident when doing their job?
   - How can one build confidence in doing their job well?
   - What is your advice to someone who wants to boost their self-esteem?

   Helpful definitions:

   Self-Confidence – How one feels about their abilities, qualities and judgment.
   Self-Esteem – How one values or feels about themselves overall; sense of self-worth.

4. **PowerPoint Presentation** (10 minutes)
   This PowerPoint presentation is optional, but really useful! Use this for a formal presentation or keep it informal and use PowerPoint lecture notes as talking points without the slides. The PowerPoint and PowerPoint lecture notes are located on the USB provided with the Adult 101 Library Binder.

5. **Show your teens the magazine collection** and explain that perzines are a lot like the magazines they can check out at the library. Today they will be making perzines that focus on their favorite things about themselves. See the instructions below for making perzines.

   Be sure to share the suggested books, titles and resources with the teens and make connections between the resource material and preparation for adulthood. Example, how the books on self-esteem and self-confidence can impact a positive attitude, good decision making skills and healthy relationships.

6. **Activity Preparation**
   In preparation for teaching teens to construct their perzines, watch one or more of the following videos for demonstration purposes.

   - https://www.youtube.com/watch?v=nsJqYwWodDA (*How to Make a Zine* by Kathy Cano-Murillo, published April 13, 2015). 2 minutes, 28 seconds
   - https://www.youtube.com/watch?v=Qs-6qEa5S1Y (DIY Printable Mini Zine – *Papercrafting – tortagialla* by Linda Tieu, published June 5, 2015). 1 minute, 58 seconds
   - https://vimeo.com/23705751 (*Mini-book* by Danny Brito, published 2011). 4 minutes, 24 seconds

You may want to make your own zine to get a feel for the project. Note, unlike the mini-zine makers in the videos who use color photocopy machines, teens will be making black and white photocopies of their mini-zine. Teens may want to add color to the individual *photocopies* (vs. the original) with colored markers, colored pencils, etc. later in the process. Each copy will be unique.☺ Teens can make a separate cover out of construction paper for their zine, however this is not a necessity.

This is a project that spurs the imagination and participants may be tempted to spend a long time heavily designing each page. Keep teens on track by reminding them of the time at different points of the hour so that they have enough time to photocopy and color their finished perzines (if they so choose).

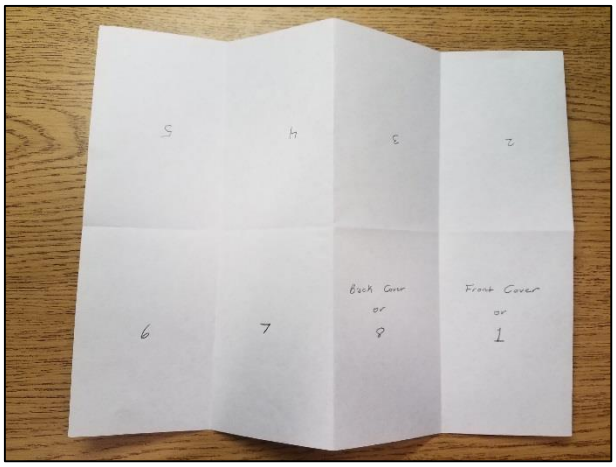
7. Activity (1 hour 15 minutes)

   A. Give teens the Self-Reflection Worksheet on pages 7 and 8 to fill out. Teens can choose three (3) questions to answer. Their self-reflections will be used as the textual material for their perzine. Let teens know that they will not be asked to share their responses with others. This is for their own personal reflection. Give teens 5 – 10 minutes.

   B. Fold a blank 8 ½ x 11 sheet of paper in half, creasing the fold. Match the corners carefully. Keeping the corners together, fold the paper in half again, creasing the fold. Fold in half a third time.

   C. Open the paper. You should have eight even panels. Each panel represents a page of the zine. Only one side of the paper will be used.

   D. Number each page in pencil as indicated below:



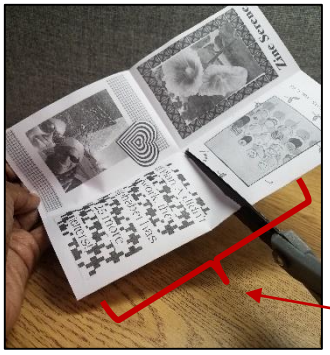
   E. Design your zine. Use text from the Self-Reflection Worksheet. Decorate using rubber stamps, cut outs of text and graphics, hand drawn designs, washi tape, decorative tape, your own writing, etc. (Teens may also want to find images on the internet or create text using different fonts in Microsoft Word to cut out and paste.)

- Use only one side of each sheet of paper.
- Do not decorate to the edge of the page; leave about an ¼" boarder. Edges do not always photocopy.
- Keep in mind that copies will be made in black and white. Color, if desired, can be added later by hand to each copy.

F. Make photocopies of your zine.

G. Add color to your zine (optional).

H. Fold the zine in half as illustrated. From the creased edge, cut a slit halfway through the centerfold.



creased edge

I. Fold the zine as indicated below:

Photo 1

Photo 2

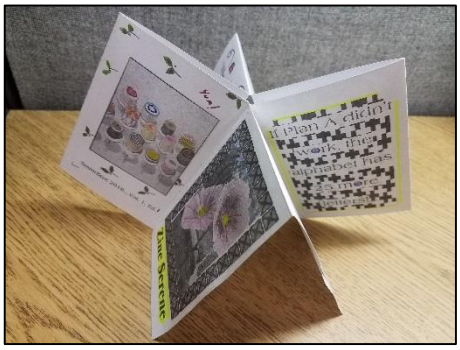


Photo 3

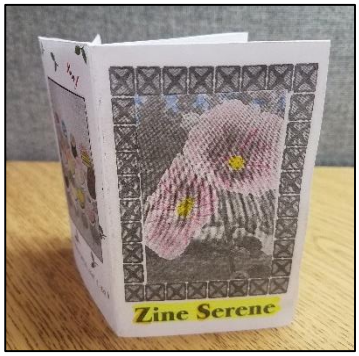


Photo 4

J. If you are creating a cover for the zine, cut it a little larger than the zine (see video at https://vimeo.com/23705751, 2:49 minute mark). After it is fully designed, slip photocopied zine inside.

K. Carefully, staple the cover to the center spine of the zine. Folded ends of the staples should be on the inside. If you do not have a separate cover, it is not necessary to staple the zine.

L. If you choose, distribute or trade with others. Enjoy!

8. Pass out Adult 101 Post-program Survey to teens.

Self-Reflection Worksheet

Directions: Choose three (3) of the following questions to answer. This is for your personal use. You will not be asked to share with others.

1. Give yourself some good advice:

2. Write down three awesome things about you:

3. Write about something positive in your daily life:

4. Talk about what makes you happy:

5. Write down your favorite positive affirmation or affirmations (encouraging phrases):

6. Write three positive thoughts to replace three negative thoughts:

7. Write about your goals:

8. Write about your dreams and schemes – your hopes for the future and your game plan to make them happen:

9. Write about things you are thankful for:

10. Write about your best qualities:

11. Write about what you would do if you knew you could not fail:

12. Write about what you would do to help other people if money were no object:

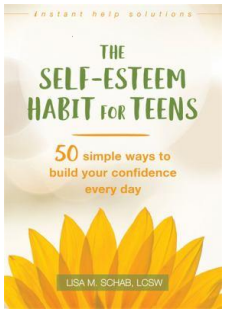
13. Talk about how to make the world a better place:

14. What do you want people to know about you?

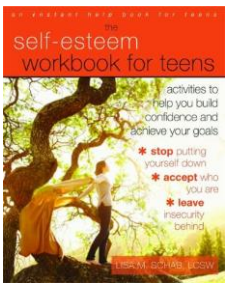
15. Describe what you do well:

SUGGESTED TITLES

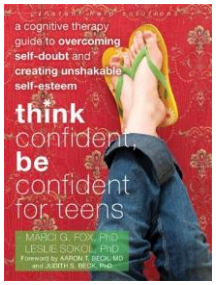
Nonfiction - SELF-ESTEEM



YA 155.65 SCHAB
The Self-Esteem Habit for Teens: 50 Simple Ways to Build Your Confidence Every Day by Lisa M. Schab
ISBN: 9781626259195
Presents a guide to building confidence and self-esteem and offers tips to help focus on character strengths. Learn from mistakes, practice gratitude, and build healthy relationships.

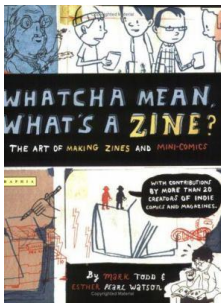


YA 155.5 SCHAB
The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals by Lisa Schab
ISBN: 9781608825820
In The Self-Esteem Workbook for Teens, you will learn to develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths. It will show you how to distinguish the outer appearance of confidence from the quiet, inner acceptance and humility of self-esteem.

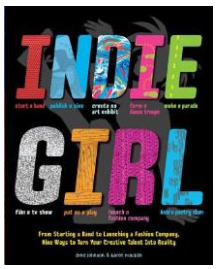


YA 155.519 FOX
Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem by Marci G. Fox
ISBN: 9781608821136
Using powerful skills based in cognitive behavioral therapy (CBT), the book shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound.

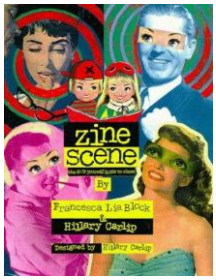
Nonfiction -ZINES



J 070.5
Whatcha Mean, What's a Zine?: The Art of Making Zines and Mini-Comics by Mark Todd & Esther Pearl Watson
ISBN: 0618563156
This book is for anyone who wants to create their own zine. It's for learning tips and tricks from contributors who have been at the fore front of the zine movement. It's for getting inspired to put thoughts and ideas down on paper.

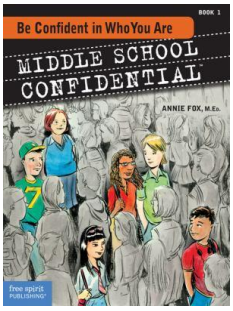


YA 305.2352 JOHNSON
Indie Girl: From Starting a Band to Launching a Fashion Company, Nine Ways to Turn Your Creative Talent into Reality by Anre Johnson
ISBN: 9780979017339
A fun and comprehensive guide for young women, Indie Girl contains all of the information you'll need to start independent creative ventures, like dance companies, rock bands, fashion companies, making a zine and more.



YA 070.572
Zine Scene by Francesca Lia Block
ISBN: 0965975436
For amateurs and the accomplished, even devout aficionados, "Zine Scene" offers an insider's account of the blood, sweat, and determination it takes to envision, create, and maintain a do-it-yourself publication.

Fiction - SELF-ESTEEM



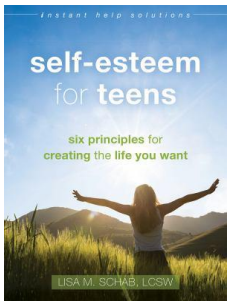
J 155.5182 FOX
Be Confident in Who You Are by Annie Fox
ISBN: 9781575423029
This is the journey of Jack, Jen, Chris, Abby, Mateo, and Michelle - six students just trying to figure it all out in middle school. Be Confident in Who You Are follows these characters as they work to meet new challenges and survive the social scene - without losing sight of who they are.

Fiction - ZINES

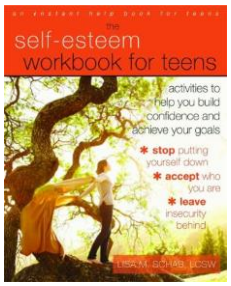
YA PRINZ
The Vinyl Princess by Yvonne Prinz
ISBN: 9780061715839
Allie, a sixteen-year-old who is obsessed with LPs, works at the used record store on Telegraph Avenue and deals with crushes--her own and her mother's--her increasingly popular blog and zine, and generally grows up over the course of one summer in her hometown of Berkeley, California.

EBooks

Nonfiction - SELF-ESTEEM



Self-Esteem for Teens [downloadable book]: Six Principles for Creating the Life You Want by Lisa Schab
ISBN: 9781626254206
Self-Esteem for Teens will show you how to build a positive view of yourself as you face all the challenges of being a teen. You'll learn how to turn any situation--even the tough ones--into opportunities for change and being your best self.



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ISBN: 9781608825820
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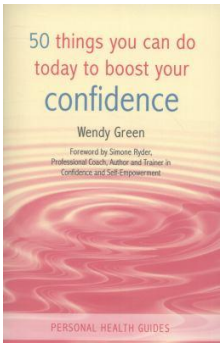

50 Things You Can Do Today to Boost Your Confidence by Wendy Green Summersdale
ISBN: 9781849534116
In this easy-to-follow book, Wendy Green explains the psychological and lifestyle factors which can affect one's confidence, offering practical advice and a holistic approach to help build confidence levels, including simple lifestyle changes and DIY complementary therapies.

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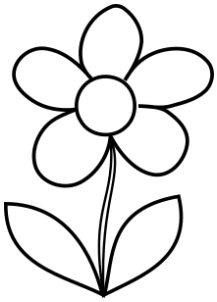
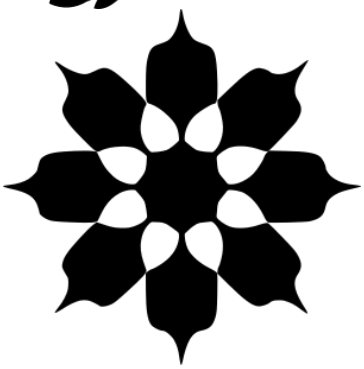
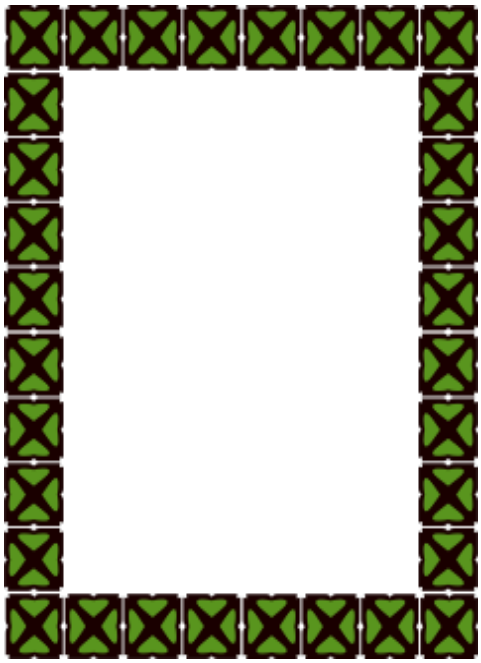
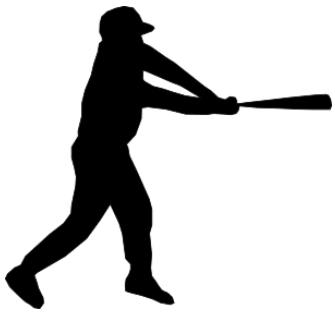
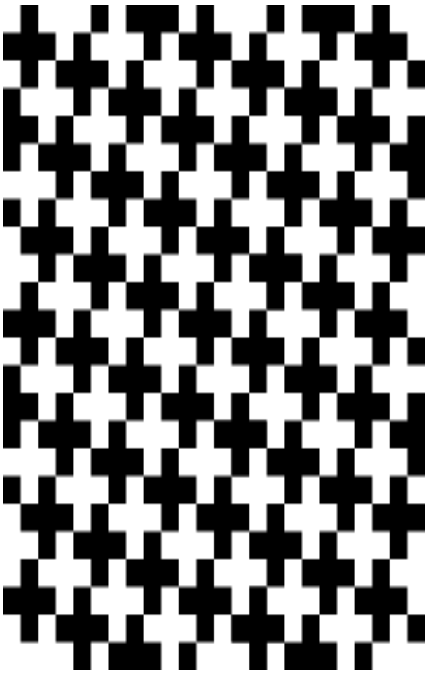
Open Clip Art from https://svgsilh.com/

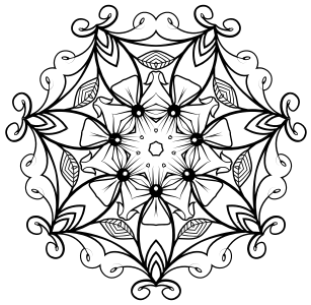


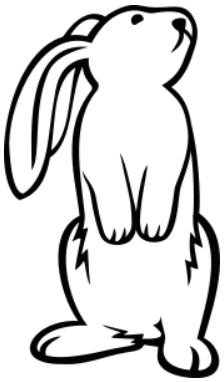


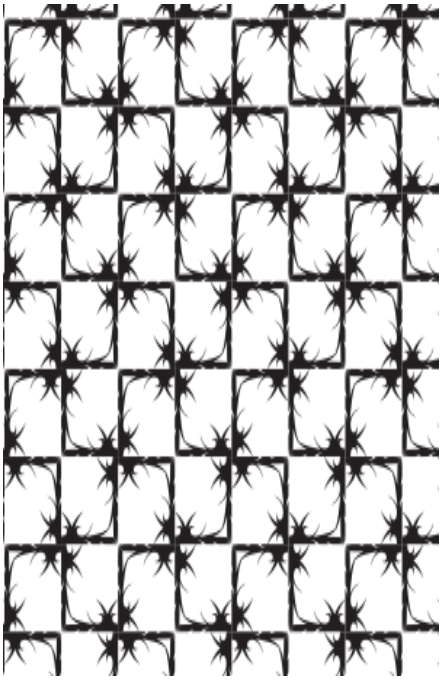


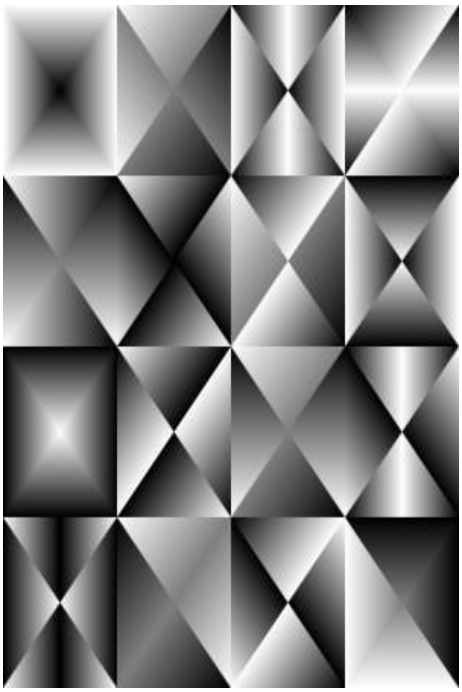












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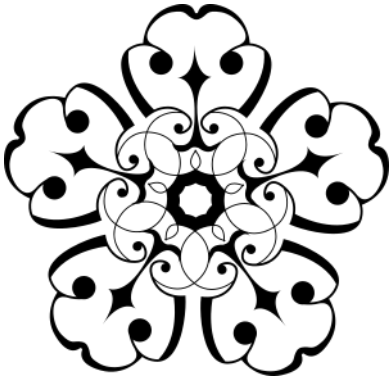
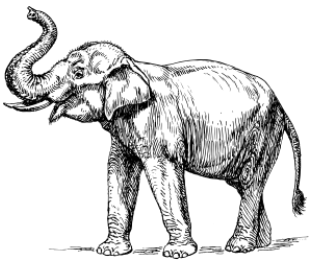
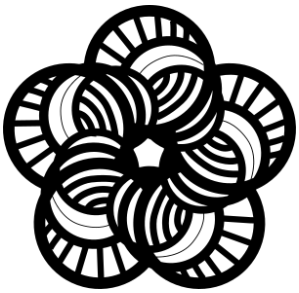
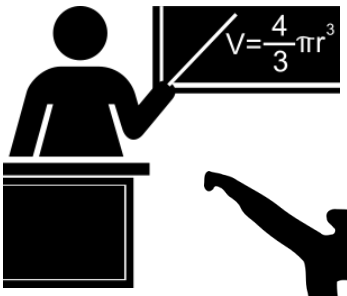
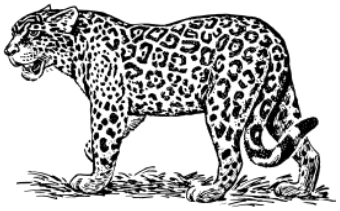
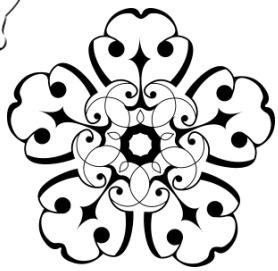
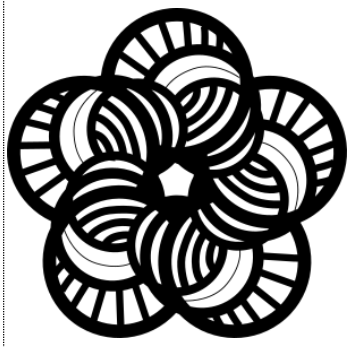
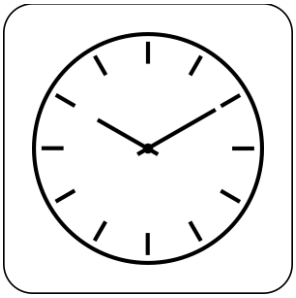
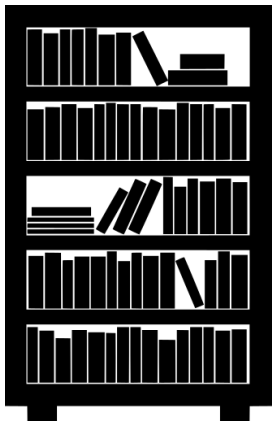
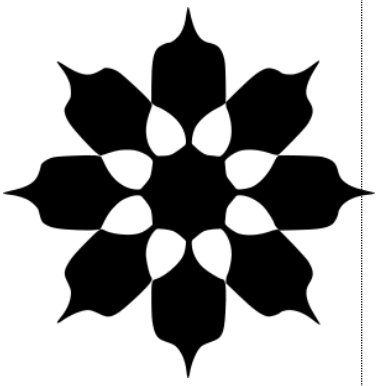
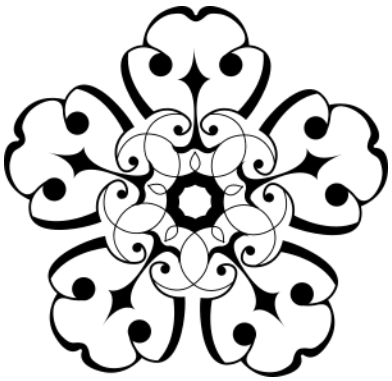
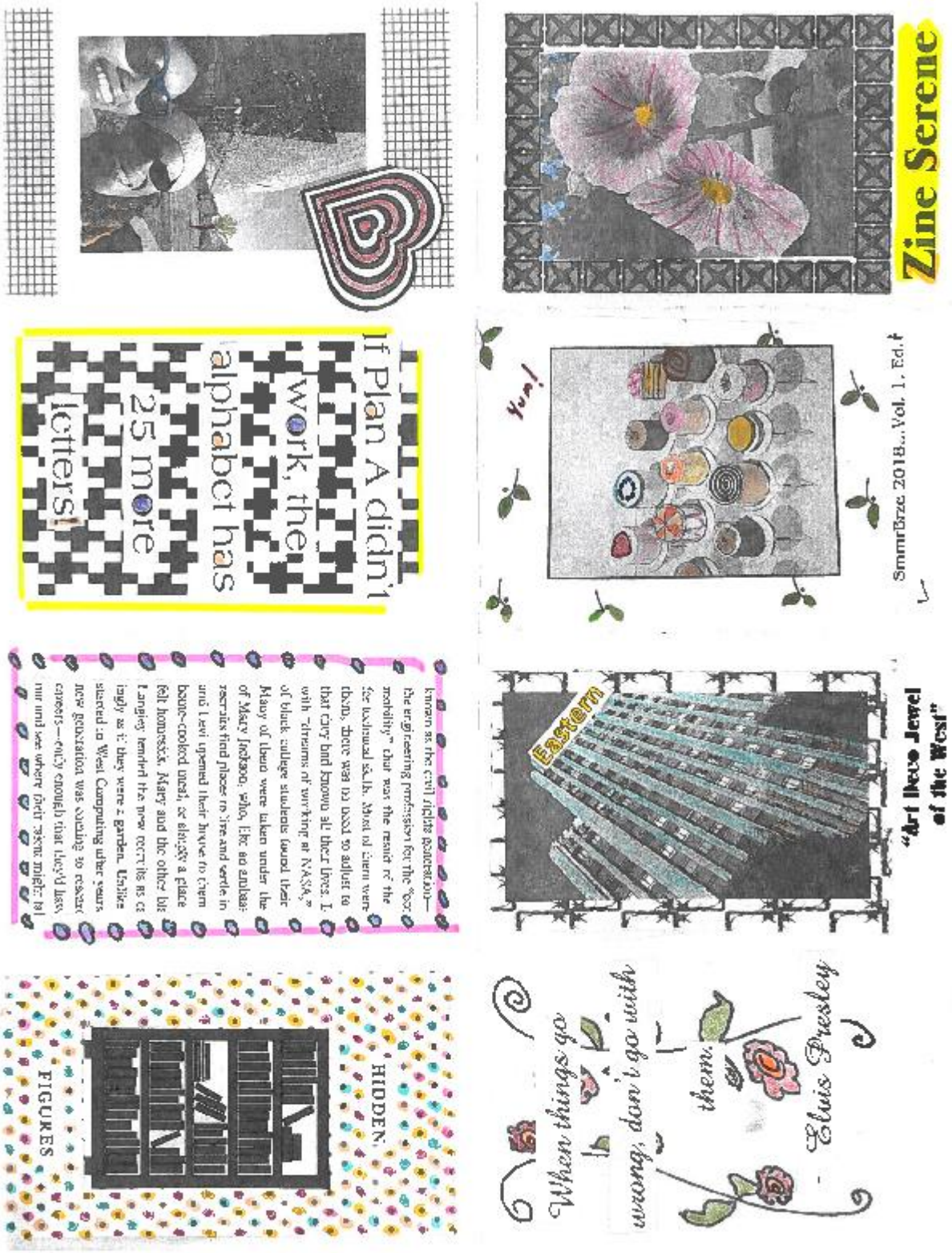





$V=\frac{4}{3}\pi r^3$





Sample Perzine 1

Sample Perzine 2