

Mini Play Number Twenty

CARROTS, ONIONS AND CELERY

YouTube, Instagram, Twitter, Magazines, Adverts – wherever you look people are bombarded with the importance of have the *right* body. Sometimes desiring the ideal body becomes an obsession. It controls our thinking, what we eat, how we dress. Busta and Sessy were two such people that became obsessive. Do you think body image is a problem? Are you affected by it? How did Busta and Sessy deal with their obsession?

© COPYRIGHT 2019 ALL RIGHTS RESERVED: ZIK-ZAK COROLLA



BODY IMAGE

P20 Subject: BODY IMAGE

Characters

Trisha

Tina

Tanette

Sessi (Gloria)

Busta

Title: CARROTS, ONIONS and CELERY

SUMMARY

YouTube, Instagram, Twitter, Magazines, Adverts – wherever you look people are bombarded with the importance of have the *right* body. Sometimes desiring the *ideal* body becomes an obsession. It controls our thinking, what we eat, how we dress. Busta and Sessy were two such people that became obsessive. Do you think body image is a problem? Are you affected by it? How did Busta and Sessy deal with their obsession? Check out the play now.

(Trisha, Tina and Tanette are seated in a café)

Trisha This coffee is lovely.

Tina You wanna try these cakes they're so scrummy.

Tanette They're both yummy. But we don't want to have too much – do we!

Tina Oh! Give it a rest Tanette, you're beginning to sound like Sessy.

Trisha Yeh! Where is she? She's not usually late for a chinwag and a coffee. Thinking about it, Who gave her the name Sessy?

Tina Mmmm. I'm not sure but it was probably . . .

Tanette Busta! It was Busta, because Sessy kept calling him Busta 'cos she said he looked like he was going to burst a blood vessel with all his weight training and that.

Tina Oh! Yeah! And Busta retaliated by calling her Sessy 'cos she was obsessive (stressing *sessive*) about her calorie intake. Obsessive – Sessy. Get it?

Trisha Got it! And here is the cat-walk model herself. Hiya Sessy.

Sessy Don't you start Trisha. I have enough with (pause, laughing) Busta calling me that name.

Trisha Where is lover-boy then?

Sessy He said he'd come down later but, I tell you, he really upset me the other day. I started crying.

Tina Oh! No! That's awful Sess, I mean Gloria. What did he do?

Sessy It's not what he did it's what he said that really hurt. We hadn't seen each for a few weeks – work and all that . . .

(Sessy turns to Busta who is close by, bending down, tying his shoelaces. They act out the following)

Busta Hey! Babe! You look really cool.

Sessy (turning to the girls) So far so good. (turning to Busta) Aw! Thanks baby and you've put on a whole lot of muscle. A lot! So quickly.

Busta Wow! Thanks Gloria (flexing his arms and showing off his legs) I got a little help from my friend (simulating injecting himself and then looking around) That's between me and you babe.

Sessy Really you don't need steroids. You've got a great physique as it is.

Busta (admiring himself) Yeah! You're right. But I want to improve you know, get bigger. The bigger the better. There's no gain without pain, Sessy.

Sessy (to the girls) And then he said it.

Busta Hey! Babe! Your legs look really thin.

Tanette I thought that would have made your day, Gloria.

Sessy (to the girls) It did. It did. For that moment I almost cried in joy. My baby thought my legs looked amazing! I actually blushed and said, Thank you.

Tanette So what's the problem?

Busta No. Too skinny. Like sick skinny. **Tanette** Oh! No!

Sessy You got it! He used that word . . .

Tina Sick.

Sessy Don't say it Tina. Don't say it. I hate it.

Busta (to the audience) Sessy. She's got a body image addiction. (slight pause) I knew it would affect her that's why I used it. She hates the way she looks, that's why she's constantly dieting, training, calorie counting. I wanted to jolt her out of it – you know, help her.

Sessy As if you don't calorie count.

Busta Of course I do. I wanna make sure I'm taking in the right amount of nutrients. I wanna get bigger. (showing off his body) I love my body and I want to love it more and more.

Sessy (to the girls) It just confirmed to me (pause) that I am ugly. I'm surprised he sticks with me.

Trisha Gloria. Stop it! You're not ugly but you do need to do something about your weight.

Sessy A friend in need. Thanks Trisha.

Tina What Trisha means is that you need to put some weight on not off. Eat some good wholesome food.

Trisha Carrots!

Tanette Onions!

Tina Celery!

Sessy What?

Trisha (laughing) They're the basis of any good casserole and they're full of goodness.

Tina Look at it this way, Gloria. They're all vegetables. Different tastes, shapes, colours. But they're all vegetables, each with their own unique qualities.

Tanette The point of the illustration Gloria, is, vegetables are like humans – all different but each one is special.

Sessy Are you trying to say I resemble an onion?

Trisha What we're saying is you are you. Stop trying to be someone else. Look at your own qualities.

Sessy If I'm honest, for me, it's not the no pain no gain, rather it's the no gain no pain. That is no gain means I'm happy.

Tina Gloria? When you reach your goal, your ideal weight, will it make you happy?

Busta (joining the group) Hi! No! She won't be happy. She'll pretend to be happy alright. She'll eat a real good meal and (Gloria moves away from the group acts out Busta's description) then she will go to the bathroom and throw up and over time (gradually Sessy falls gently to the floor) she'll get weaker and weaker.

Sessy (to the audience) Before it was too late. I searched for the little girl inside of me. The toddler, the one who had been happy. Her life was carefree – before she began torturing her body.

Busta (to the audience) Gradually she got herself out of that warped reality. (gradually Sessy stands up and pleasingly appraises her body) She saw her body for it really was.

Sessy (to the audience) I realised feeling good *in* my body is

not about my body. I began to take pleasure in life. I got rid of the scales. I took back control.

Busta Sessy gave me the scales. But the whole thing with Sessy, with Gloria, got me thinking. The truth is I love looking good.

Tina Don't we all Busta?

Busta (to Tina) Yeah! But I was obsessive as well. The doctor says I've damaged my kidneys (shrugs) you know, with the steroids. But the fact is when I was looking in the mirror I was seeing someone else, if you know what I mean? (laughs) It was like looking in those funny mirrors at the fairground. My reflection was a fantasy of dreams. I was someone else in a magazine or YouTube. (slight pause) So I decided to be me. I didn't want to be a mindless follower of someone else, a copycat. I wanted to be me. (to the audience) What about you? (slight pause) Are you, you?

THE END

Questions for Discussion

- 1) Did Busta think he had a problem?
- 2) Was Sessy happy with her body?
- 3) Do think Body Image is a problem?
- 4) Can people injure or hurt themselves if they are
obsessive about their body image?
- 5) Can it affect a person's family or friends if they have
obsessive behaviour?
- 6) How can obsessive behaviour develop?
- 7) Can anything be done to change our behaviour?
- 8) What do experts say about Body Image?
- 9) Is it obsessive to want to change how we look?
- 10) How can we get reliable advice on Body Image?
- 11) If you believe you have a problem and you need help,

What can you do?

- 12) What do you think of the characters in the play?
- 13) What do you think of the play?
- 14) What can we learn from the play?
- 15) What other comments or observations would you like

to make?

THE END