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October 2007

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“I Was Arrested For
Hooking Up
With My Boyfriend”

Could
This Happen
To You?

MAY 2007

The Hills' Heidi Montag, 20, reportedly had breast implants and a nose job earlier this year.


AUGUST 2006



why are we so obsessed with

PLASTIC SURGERY?

Everywhere we look, we're bombarded with images of celebrities and models with newly perfect-looking bodies. Now more girls think they should get nipped and tucked too. **BY VERONICA BYRD**



At some point many of us have wished we could change something about our bodies. But now a record number of girls aren't just *wishing*—they're actually going under the knife. Last year, 94,000 teen girls had cosmetic surgery, according to the American Society of Plastic Surgeons. Girls are getting breast implants, nose jobs, liposuction—sometimes as birthday or graduation gifts. What's behind the trend? Reality-TV shows like *Dr. 90210*, for one thing—they make surgery seem so simple. Tabloids are feeding the frenzy too, by showing us images of young post-op stars week after week. It's starting to seem more normal to have surgery than to be happy with what you've got. When you see that so many young, pretty celebs are getting surgery, you can't help thinking, *Would I look better with 36C breasts or a tinier nose?* It can make you feel like there's just one definition of *sexy*, and it can only be bought at the doctor's office. It doesn't make you a bad person if you've had—or want to have—plastic surgery. We *all* want to look our best. The problem is when it becomes a reflex instead of a carefully considered choice. Changing your body to please yourself is one thing; changing it to please others is another. Have *you* been thinking about getting work done? Read this first. ➡

"GUYS DON'T EVEN LOOK AT MY FACE!"



“ I was always the girl who had a flat chest. I watched as my friends’ breasts grew, but mine *stayed* flat—an A cup. Whenever I looked into the mirror, they were the only thing about my body that I didn’t like. (I have wide hips, so I felt disproportionate; dresses and tops *never* fit right.) I started

researching breast implants on the Internet and saving money from my part-time job to pay for the surgery. At first my boyfriend was against the idea—since he was happy with me the way I was, he didn’t get why I wanted to change my body. I told him that I just needed to feel more confident and attractive. I found a board-certified doctor, who asked me a lot of questions about why I wanted bigger breasts. He also told me the risks (like scarring and infection).

The operation went fine: I’m now a C cup. But there’s a downside I didn’t expect. Yeah, guys pay more attention to me, which I thought I’d like. But now it seems like they’re interested in me *only* because of my boobs! When they look at me, I wonder if they’re just thinking about sex—and that feels degrading. Sometimes I’m not sure if the surgery was worth it.

—ALEXXIS, 18, SAN DIEGO, CA

okay with curves
Though she has blogged about feeling “fat and chubby,” Lily Allen says she won’t get lipo.



71%
of **seventeen.com** readers have **wished for surgery.**



“ I had people ask me [if I’ve had breast implants]. I feel like I should let the **mystery** live on. I’m all for plastic surgery. When I’m older, I’m getting **everything** sucked, tucked, and cut off.”

—Kellie Pickler, former *American Idol* contestant, when asked if she’d had plastic surgery



I ♥ MY NEW NOSE

“ I was always embarrassed by my bumpy nose. The kids at school called me Big-Nose Denise and Elephant Girl. I’d try to act strong—then I’d go home and cry. So last year I asked my mom if I could get it fixed. I’m really happy that I did. I used to look at other girls and think, They’re so much prettier than me—now I’m like, Yeah, they’re pretty, but I’m pretty too!”

—Denise, 17, San Antonio, TX



There is more to life than being thin! I am incredibly proud of my **achievements** over the past year. I shan't be getting any surgery; instead I will be **eating** lots of bread and pasta and thinking about what to write about for the next album.

—Lily Allen, singer, in a blog post in response to a previous post about researching lipo

THREE REASONS TO HOLD OFF ON SURGERY

1. you're still growing Girls' bodies can continue to change into their early twenties. A body part that appears too large or too small now can become more proportionate over time. Give your body a chance to develop fully before calling a doc.

2. you haven't researched the procedure and risks Surgery is dangerous whether it's elective or not. So do your homework: Talk to girls who've gotten the procedure you're considering, ask yourself some hard questions (like, Can I handle it if the results don't look the way I thought they would?), and choose a doc who's certified by The American Board of Plastic Surgery.

3. you're doing it for the wrong reasons Think changing your looks will instantly make you more popular and happy? It won't. So talk with your doctor or therapist about *why* you want surgery. She'll help you figure out if your expectations are realistic.

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IMAGE OVERLOAD

Celebs are scrutinized more heavily than the rest of us (we all love to see who wore what!). But surgery is a *private* decision. When tabloids do stories like these, they make a game of "has she or hasn't she?" Maybe if we stop judging celebs by their looks, we'll stop feeling like other people are judging us by ours.



WHAT YOU THINK ABOUT PLASTIC SURGERY



IT'S A PERSONAL CHOICE! "I have a good friend who got a nose job, and it made her so much happier. My motto is: Do what makes you happy. If you have the money, why not spend a little to improve your looks? Besides, what a girl does with her own body is her choice. Who am I to judge?" —EMILY, 16, BRANSON, MO



DON'T DO IT! "I don't think girls should have plastic surgery unless it's necessary, like if they have a medical or life-threatening emergency. Most people get surgery because they feel insecure. There are different kinds of physical beauty—and we're not all supposed to look alike!" —SOLA, 17, POQUOSON, VA