Summary

The three guys behind R U Feeling Good have a goal of creating change on the smallest level. Through engaging people in the simplest form of human interaction we want to create change. The change we are talking about is the power of the compliment. By giving people random compliments of what they wear, or other outward appearances we want to make them feel, not ok, not good......But Great about themselves. That random compliment can go a long way to put an unexpected smile on someone’s face. This can help pick someone up when their down and help enhance someone’s well being. Not only will they feel good but hopefully the broader goal is that they can pass a random compliment on to someone else. When the R U Feeling Good comes to your campus get ready to pick that frown upside down.
The Issue: Being comfortable with your own self image

Media outlets today are constantly preaching and encouraging young adults too look a certain way. This could be anything from the way one’s body looks to the clothes one may wear as well as the overall lifestyle you lead. Society today puts too much emphasis on dressing the certain way or having the perfect body. Young adults should not feel this pressure and should be comfortable with who they are and the way they look. The encouragement that people see every day whether it’s on the television or in magazines to look a certain way can lead people to do things that can harm their bodies and affect their lives in a negative way. Negative examples of what this pressure of obtaining the perfect body or perfect look can lead to are the choices people make on a day to day basis. Many men feel like they should take steroids in order put on muscle so they have the ripped look that society puts on such a high pedestal. Women can choose to stop eating in order to lose weight which can lead to being bulimic in order to become skinny and look like their favorite celebrities. Young adults also feel like they must wear the newest and most exclusive clothing to be the most popular or best looking in society. This can lead to tremendous credit card debts and ruin lives. It is tough to change everyone in the worlds views on how they should look or what is popular all at once but the R.U. feel good guys believe that they can start at the Rutgers University campus located in New Brunswick New Jersey. Their goal is to show that something as little as a random compliment can change ones opinion about them self and make them realize they don’t have to dress a certain way or have a certain body. They are perfect just the way they are.

The Service Project: Compliments

Our project objective was to give people the idea body image is not everything and there are other ways to look at people. Our goal was to offer compliments to people about their style of clothing, what they are wearing, or any way in which they presented themselves. The first step we took was our preparation. Our group made big giant posters in red, one saying “RU Feeling good?” and the other simply saying “Free Compliment”. The next thing we did was look up flyers stating the importance of being aware that body image is not everything and to look at people a different way. After we did that we had to research harassment just to protect ourselves from any wrong doing we might have done. Then we were already to go.

We went to the center of College Avenue and walked down to in between Scott and Murray halls. The next thing we did was set up the signs and got a camera ready to film our actions. Then as people walked by our group offered compliments and handed the flyers out to as many people as possible. Some people’s reactions were like are these guys serious, but others really felt we had a good desire and message that we were trying to instill in the people around us. After we ran out of flyers and people stopped passing through are area we decided to pack up and leave.

Ethical Issue of Harassment
During our exercise, we had one main issue to worry about and that was harassment. Harassment is any physical or verbal action that shows hostility toward a person based on national origin, race, color, sex, age, or disability. Our main problem was making sure we did not cross any of these lines. The hardest one to worry about is sexual harassment for our project.
Sexual harassment is unwanted sexual advances or sexual words and gestures. This is a very touchy matter because if we were to say to a person they have a great body it could be taken as sexual harassment. To avoid this dilemma we decided to take it into our own hands and not comment on physical features of a person except for hair. We targeted on peoples clothes, shoes, purses, hair, glasses, and anything else to protect ourselves from getting into trouble and from sending the wrong message about our project. When we gave a compliment we handed out a flyer showing our intentions so people would understand what exactly we are trying to do. The peers who we complemented at first may have been confused, but then after reading the flyer you can tell by the look on their faces that they truly understood and appreciated what we were doing. We managed to avoid this ethical issue of harassment for our project harassment, while still maintaining a positive mindset to give a compliment and make people happy. Passing out flyers was a vital part of our project because it allowed us to get across the message that body image is not everything and it is what is on the inside of a person that needs to be looked at, without offending people with harassment.

References

http://www.youtube.com/watch?v=QShPNcjgtfs
http://employeeissues.com/harassment.htm

Editorials

RU

FEELING GOOD?…
IN TODAY’S SOCIETY, PEOPLE LOOK TOO MUCH AT BODY IMAGE. IT IS TIME THAT WE TAKE A LOOK AT THE MORE IMPORTANT ASPECTS OF PEOPLE AND COMPLIMENT THEM ON THAT. SO TAKE A LOOK AROUND AND COMPLIMENT PEOPLE ON THEIR SMILE, THEIR PERSONALITY, AND WHO THEY ARE ON THE INSIDE.

Email submitted to the editor of the Daily Targum:
Dear Mr. Kypers,
My name is Ryan Glueckert. I am a senior at Rutgers University and a member of Julie Fagans Ethics in Science class. For this class we a required to attempt to change the world in some way. My two group members and I have chosen the topic of body image by giving people compliments to feel better about their outward appearance or in other words body image. With this in mind i have attached a short synopsis of what our project entails. It would really help our cause if you could publish this short editorial in Mondays Daily Targum. Monday will be the day that we are out on College Avenue giving compliments to our peers in order for us to be successful any added exposure would be greatly appreciated by the Rutgers community.

Sincerely,
Ryan Glueckert

Final Editorial:
R.U. Feeling good today!

Some people do not realize how far a random compliment can go. Not only can a random act of kindness like this change some one's day but it can change their mood and the way they feel about themselves as well.

Three senior students at Rutgers University believe in themselves and the power of a random compliment. They call themselves R.U. FEELIN GOOD and they are out to change our university one compliment at a time. On Monday April 12, 2010 on the college avenue campus R.U. FEELIN GOOD will be out on the streets putting their theory to the test.

You may be wondering where this is coming from and what are these guys trying to prove? R.U. feeling goods plan is simple they believe that society today pressures young adults and teens to look a certain way. RU FEELIN GOOD is going to be dishing out random compliments to their peers walking by on college avenue campus they want students to be comfortable with themselves not matter how society makes them feel. They want show how far a compliment can go when it comes to making someone who is maybe struggling with their own self esteem or their own self image feel better about themselves. These students believe that the way in which one views him or herself plays a big part in their overall mood and how they see the world.

So to ensure that U.R. feelin good stop by College Avenue on Monday and see what R.U. FEELIN GOOD is all about.

Editorial Draft:
Rutgers is feeling a little Better with some nicer weather and the feel good guys!

Not only has the weather around the Rutgers New Brunswick Campus been a little nicer the past few days but the Students have taken a liking to three classmates that refer to themselves as R.U. feeling good?

Similar to the got milk slogan. Three students from Professor Julie Fagans Ethics in Science class have gotten together and decided to create a public works program to benefit the school in a different way than usual. With so many people feeling unhappy about their own body image these students want to change people’s perceptions about themselves in a small way.

R.U. feelin good? Is essentially three Rutgers University Seniors trying to make their campus a better place for its student by dishing out random compliments to peers passing through the College Avenue Campus. The goal that these three students hope to accomplish is simple. They want to get their peers to feel just a little better about themselves by dishing out these random compliments. They believe a compliment a day can wash any worries a way. Which can boost the overall morale of the school and in turn can then help students to lead healthier and happier lives while at Rutgers.