

# How to Be a Beautiful Black Teenage Girl

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Black is beautiful. You don't have to be a Nubian princess or an African rose to be beautiful. All you have to do is trust in your ability to wow other people. That's what confidence, having that and a true appreciation of who you are inside will create the total package. This article will show you how to make your natural assets stand out and give you more confidence to do the things you really want to do.

Part  
1

## Part 1 of 4: Hair



**1 Keep natural hair.** It emphasizes the uniqueness of being black, as no other race has it. It takes a lot of work to keep wild hair happy at first, but once you've done the first things it should be easy.



**2 Oil your hair using natural sprays, creams, and moisturiser.** When washing, it's best to use two layers of conditioner that is designed for black hair, as it is manufactured to lock in moisture more than products aimed at other hair types. Don't use hair grease, though, as the chemicals in it aren't good for hair shine and can thin the hair.

- Oiling your hair is especially important as the kinks in black people hair make the natural moisture stay at your roots, which is why black people's hair is always dry. Shampoos for straighter hair are designed to get rid of the natural greases, which black hair needs to grow. Using the wrong shampoos and not enough moisturizers is the main reason why black hair cuts/breaks off. Castor Oil, Black Castor Oil or Coconut Oil is a good product to keep on hand. Coconut Oil is good for your skin as well.



**3 Air dry and use a thick wide comb when damp, rather than using a hot hair dryer comb.** Using the hair dryer extension is okay if your hair has been moisturised properly for a while, though using hair oils afterwards is essential.



**4** If you have a weave, wrap your hair when you sleep, though this is a basic.

- Weaves should be taken out from 1-2 months, depending on how messy it gets, how tight it is and what type of weave you have.



**5** Leave space between each weave, about as much space between each weave as you last kept it in. This will help prevent hair loss and a chipping hairline. It also stops thinning hair and some bold patches. However, remember; full hair loss is very rare with weaves. It only tends to happen to people with dryer and shorter hair or people with much shorter hairline hair than their central hair.



**6 Think long and hard before using chemicals.** Perms/relaxers are quite extreme. If you don't have one and are thinking of getting one, watch a documentary such as Good Hair, which explains the chemicals and side-effects of perms.

- On the positive side, perms don't require as much combing attention as natural hair and can be styled into styles that white people tend to have. As having a perm/relaxer can cut about half of your hair length off at a time, some people use black hair extensions to attach to the hair, though the glue can cut it further.



**7 Make sure you follow instructions on a perm before you have one, always.** Have a specialist do your hair as they have done it many times before. Perms can burn. A lot.





**1 Know something about the type of makeup you want, if any.** Look around a market or in areas where the majority of the area is black. Makeup designed for darker skin can often be found in areas where hair products for African Americans can be found, so it shouldn't be too hard to find if you know where to look.



**2 Get darker "nude" colored lip liner and lipstick.** For blush, if you are daring, try a dark purple. This doesn't look good on everyone, but if your skin is dark enough you can pull it off.

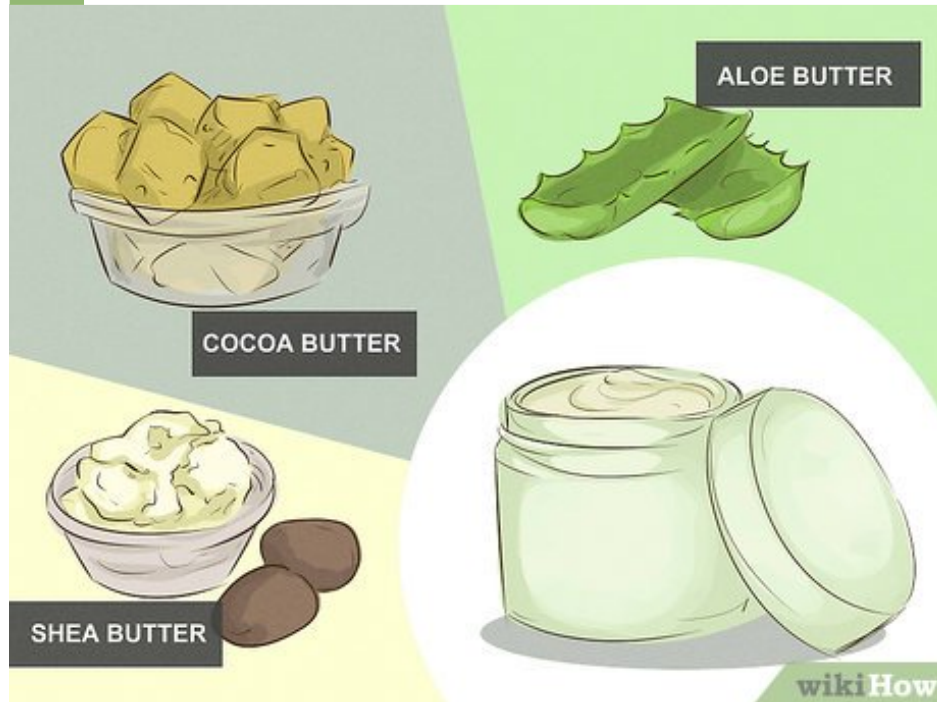


**3 Don't wear too brightly colored mascara with black eyelashes.** It can sometimes turn out wrong, and it's also very hard to get off then.



**4 Do not ever buy foundation too light for your skin color.** It's like when white people put on too much fake tan. You look orange, and your eyes will just look dark so you'd look like a panda.

- Buying darker foundation can be okay when they match your darker areas.



**1 Choose the right type of products.** The stereotype is that black people love cocoa butter. So long as you're not allergic to them, coconuts are not only great for black hair, but also black skin. They are full of nutrients and cocoa butter even lightens/darkens your scars to make them less visible.

- Cocoa butter is very good for moisturizing skin and it helps keep dry patches looking less dry. Also, the moisture can last even after a bath (though it's best to apply at least once a day, preferably in the morning).
- Other great moisturizers are Shea butter and Aloe butter. When choosing products, look for ones with few chemicals and not a lot of fragrance. Remember: the further down the ingredient list, the less it contains.



**1** Be fashionable, but don't ruin your hair and complexion to do so. Hair dye can damage black hair, and most of the time won't make a difference or only dye thinner parts of the hair.



**2** Using a hot comb can straighten black people's hair, but like the hair dryer extension, can damage it just as much, or even more if it's very dry.





**3 Don't drastically change the way you look.** Giving in to try to look 'white' is one of the last things a black girl should even be thinking. Black is beautiful, you are beautiful. Embrace this. If people tell you your hair looks nasty because it's curly or says something about your weave, ignore it, violence is never the right answer, don't let them get to you.

- When people say racist things regarding your skin color right to your face, it can be annoying. If these people are your 'friends' tell them that what they said was not right and provide a bit of evidence of why it was if wanted. If they do it again, it's highly suggested you ditch them.



**4 Do not ever try 'acting like a black girl or white girl' to fit in.** Act how you know you should act with dignity and respect. Saying 'yo' in sentences and enjoying reggae or rap music isn't what all black females prefer to do. Act the way you feel comfortable acting even if it is portrayed as *ghetto* or *white*.



**5 Remember, not everyone who's not black is racist either.** There are people of color out there who don't care about whether their friends are a different shade to them or not. Look for those kinds of people rather than hanging with people who degrade you for being black who more often than not are white.



### Tips

- You don't have to accept back-handed compliments like "you're pretty for a black girl". It's rude and uncalled for. You are a beautiful person just like any other person. You don't see people going around saying "you're pretty for a white girl". Seems odd right? Chances are they'd be offended just as you are. Handle the situation tactfully. Just know you have a right to feel offended.
- There have been a few things going round about black girls being the most "ugly" or "unattractive race. However, just look at Beyonce, look at Naomi Campbell, look at Jourdan Dunn. Are they ugly?
- Sometimes, people will say things to suck up to you. They don't mean any harm, but can still offend you. For example, if someone were to say "You're pretty for a black girl" or "Wow! Your hair is weird!", stay calm and don't show you're annoyed, but say something like "Wow! Everyone always says that! Strange, isn't it?" or "I get that a lot!". or "But then to some people yours is too!"
- Having a role model is a good thing. Famous black people who are good and stay true to themselves are good people to look up to. However, strong, kind Black women in your world are the best role models to have. Look into your family, school, church, community. These are women you can watch up close and personal to see how they live. These are the types of people prove that black is beautiful and aren't any uglier than anyone else.
- Remember, if you are or close to the only black girl you know, people are likely to ask questions about your heritage, especially in England. If you were born in the country you're in, express that or you could make the person feel guilty for asking by

going. "I'm British/American/whichever else. You?".



## Warnings

- Don't let people tug on your hair. If you have a weave and people do this, you will have to fend them off and it can result in hair breakage. However, don't worry. Unless there's a whole crowd of people, you're not going to have to take Tae Kwon Do lessons or anything.
- Usually when you're a racial minority in your school, people are going to know you much quicker than if you were the dominant race. Rumors are also very likely to get around fast. Rumors are rumors, and as long as you have decent people surrounding you, they can just be ignored.
- Never do a perm by yourself unless you've had lots of practice. Remember, perms can cause bad flaky skin (psoriasis) or make eczema much worse. It can be very painful and sometimes permanent burns and could make you go blind or deaf if it gets near your eyes or ears.

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