

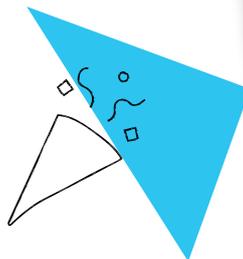
Confident Me – 5 Sessions

These 5 sessions can be delivered remotely or in-class and cover unrealistic appearance ideals, the impact of social media, celebrity culture and advertising, how to reduce appearance-focused conversations and comparisons, and body activism and positive behaviour change.

The five modules include:

- Appearance Ideals
- Media Messages
- Confront Comparisons
- Banish Body Talk
- Be the Change

And each contains a teacher guide, student presentation, and student activity sheets. If you don't have time to run five sessions, try our single session resource that covers the topics in less depth.



Confident Me – Single Session

The Dove Confident Me single session addresses key topics covered in the 5 sessions including media influences, peer pressure and strategies for promoting body image and self-esteem. Students learn through class discussions, activities, videos and activity worksheets.

Within this session, you will receive a teacher guide, a student presentation and student activity sheets which can be delivered remotely or within the classroom.

The single session has been evaluated by the Centre for Appearance Research, University of the West of England. It showed that students who participate in Dove Confident Me lessons improved self-esteem, have a more positive self-image, and feel more confident to participate in social and academic activities.

Confident Me – Mini Sessions for home learning

New for 2021 – mini sessions for body confidence – a guide for teachers, parents and carers. These compact versions of the Confident Me resources are now available for distance learning and can be completed either in school or at home with support from an educator, parent or carer. Packed full of bitesize activities, these mini lessons will teach learners to:

- Understand the concept of appearance ideals
- Analyse the influences that create pressure to achieve appearance ideals
- Build media literacy skills
- Challenge appearance ideals



Uniquely Me – Parent Resource

This resource is available to download for teachers to share with parents, to give them tools to teach their children about self-esteem at home.

Made up of a series of articles covering key topics that affect self-esteem, each article starts out with an introduction to a theme and why it is relevant. Then, to help guide parents in making practical changes, we've pulled together an action checklist full of body confidence-boosting ideas from our self-esteem experts. Finally, we have added a "Let's Get Started" section, to give parents some ways to start the conversation.

My hair, my crown – Session Guide

The My hair, my crown session guide is part of the Dove Self-Esteem Project and helps educators, parents and mentors boost hair confidence in kids with coils, curls, waves & protective styles. It aims to build allyship to Create a Respectful and Open World for Natural hair. The session can be delivered flexibly across two hours and links to PSHE covering diversity, stereotypes, prejudice, media literacy and self-concept.

