

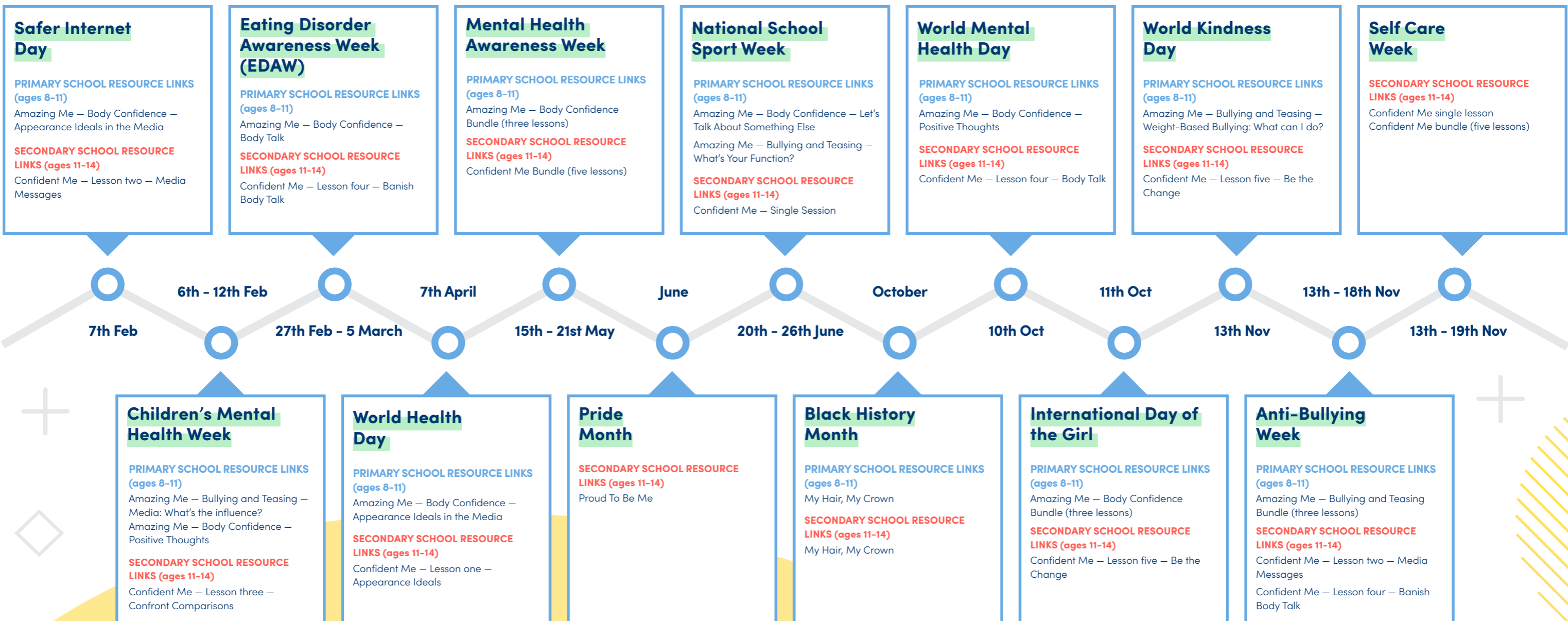
# Dove Self-Esteem Project Teacher Calendar 2023

Keep track of key teaching opportunities to build body confidence and self-esteem among your students, across the school year.

## SPRING TERM

## SUMMER TERM

## AUTUMN TERM



## Resource Key

The Dove Self-Esteem Project (DSEP) empowers young people to embrace their uniqueness and think critically about media influences. Find out more and download the free, curriculum-linked resources at [NationalSchoolsPartnership.com](https://www.nationalschoolspartnership.com)

**Amazing Me Body Confidence**  
(ages 8-11)

**Amazing Me Bullying and Teasing**  
(ages 8-11)

**Confident Me**  
(ages 11-14)

**Proud to be Me:** A body positivity tool for LGBTQ+ exploring the impact of appearance pressures and practise challenging these messages in different ways (ages 11-14)

**My Hair, My Crown:** A single session exploring young people's internal relationships with external influences on their beliefs of what makes hair "beautiful." (ages 10-14)