

Dove Self-Esteem Project Teacher Calendar ROI 2023/24





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

AUTUMN TERM SPRING TERM SUMMER TERM

World Mental Health Day

Confident Me — Lesson four — Banish Body Talk

Confident Me Single Lesson
Mini Lessons

Stand Up Week

Confident Me — Lesson five — Be the Change

Confident Me Single Lesson

Dove Confidence Kit

Children's Mental Health Week

Mini Lessons

Confident Me Bundle (five lessons)

Confident Me Single Lesson

International Women's Day

Confident Me — Lesson 3— Confront Comparisons

Dove Confidence Kit

World Health Day

Confident Me — Lesson one — Appearance Ideals

Confident Me Single Lesson

Dove Confidence Kit Dove Confidence Kit

World Wellbeing Week

Mini Lessons

Dove Confidence Kit

6th Oct 2023

023 10th Oct 2023 11th Oct 2023

6th-

6th-10th Nov 2023 20th Nov 2023

> 7th—13th Feb 2024

11th Feb 2024

> 8th March 2024

27th - 31st March 2024

> 7th April 2024

3rd May 2024

Mental Health

Media Messages

Mini Lessons

Awareness Week

Confident Me — Lesson two

13th-20th May 2024 C

26th June - 2nd July 2024

Grandparents Day

Dove Confidence Kit Mini Lessons

International Day of the Girl

Confident Me — Lesson five — Be the Change

Confident Me Single Lesson

World Children's Day

Confident Me — Lesson four — Banish Body Talk

Safer Internet Day

Confident Me — Lesson two — Media Messages

Confident Me Single Lesson
Mini Lessons

Friendship Week

Confident Me — Lesson four — Banish Body talk

National Workplace Wellbeing Day

Confident Me Bundle (five lessons)

Confident Me Single Lesson

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**



Confident Me 5 lesson bundle (ages 10-16)

Dove Confidence Kit (adults)

A home learning kit for adults supporting young people.

3 Mini Lessons (ages 11-14)

3 home learning lessons to complete with an adult.





