

Dove Self-Esteem Project Teacher Calendar 2023-2024





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

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me – Body Confidence – Positive Thoughts

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me – Lesson four – Body Talk

World Kindness Day

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me - Bullying and Teasing -Weight-Based Bullying: What can I do?

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me – Lesson five – Be the Change

Self Care Week

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me single lesson Confident Me bundle (five lessons)

Safer Internet Day

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me - Body Confidence -Appearance Ideals in the Media

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me – Lesson two – Media Messages

Eating Disorder Awareness Week (EDAW)

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me – Body Confidence – **Body Talk**

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me – Lesson four – Banish

Mental Health Awareness Week

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me – Body Confidence Bundle (three lessons)

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me Bundle (five lessons)

National School Sport Week

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me - Body Confidence - Let's Talk About Something Else

Amazing Me - Bullying and Teasing -What's Your Function?

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Confident Me - Single Session

11th Oct 13th - 18th Nov 5th - 11th Feb 7th April **October** lune 10th Oct 10th Oct 13th Nov 6th Feb 19th - 25th Feb 13th - 20th May 17th - 21st June

Black History Month

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

My Hair, My Crown

My Hair, My Crown

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

International Day of the Girl

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me – Body Confidence Bundle (three lessons) SECONDARY SCHOOL RESOURCE

LINKS (ages 11-14) Confident Me - Lesson five - Be the

Change

Anti-Bullying Week

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me – Bullying and Teasing Bundle (three lessons)

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14) Confident Me – Lesson two – Media

Messages Confident Me – Lesson four – Banish Body Talk

Children's Mental **Health Week**

PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me - Bullying and Teasing -Media: What's the influence? Amazing Me - Body Confidence -Positive Thoughts

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14) Confident Me – Lesson three –

Confront Comparisons

World Health Day

> PRIMARY SCHOOL RESOURCE LINKS (ages 8-11)

Amazing Me – Body Confidence – Appearance Ideals in the Media SECONDARY SCHOOL RESOURCE

LINKS (ages 11-14) Confident Me - Lesson one -Appearance Ideals

Pride Month

SECONDARY SCHOOL RESOURCE LINKS (ages 11-14)

Proud To Be Me

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 resourcesat NationalSchoolsPartnership.com or scan the QR codes



Scan me for **Primary** school information



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)

