



# confident me

School Workshops  
for Body Confidence



**FIVE SESSIONS**

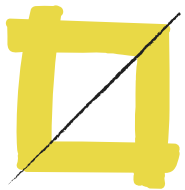
**WORKSHOP 5**  
**Be the Change**



# What have we learned?



**It's not worth trying  
to match appearance  
ideals.**



**Media images are  
often manipulated.**



**Avoid comparing, and  
value what makes you  
unique.**



**Body talk can make  
appearance seem  
too important.**



# What are we learning today?



## What are our workshop ground rules?

- Respect diversity
- Ask questions
- Keep it confidential
- Please contribute



**Valuing other qualities**



**Commitment**



**Planning future action**



**Celebration**

# Activity 1



Name: .....

Confident Me / 5 Be the Change / Worksheet

## What makes us unique?



Find a partner for this activity. Give them your activity sheet to write on and make sure you have theirs.

Complete the exercise below, writing on your partner's activity sheet. You could write about what they do, what they like, how they act around people, what you really notice about them. Whatever you write, remember to keep it positive and respectful.

When your teacher tells you, return the sheet to your partner and read what they have written about you. Look your partner in the eye and thank them.

The person I am writing about is...

\_\_\_\_\_

One thing I like about \_\_\_\_\_ is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Worksheet

Confident Me / 5 Be the Change 4





# Be a Body Confidence Champion



**Be a good role model**



**Value the whole person**



**Respect yourself**



**Support individuality**



**Look after each other**

# Activity 2

Name: .....

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## Be a Body Confidence Champion

My Dove Self-Esteem Project pledges

To be a great Body Confidence Champion, I promise to...

Challenge appearance ideals by changing how I...

Respond to photos in the media and other messages about appearance by:

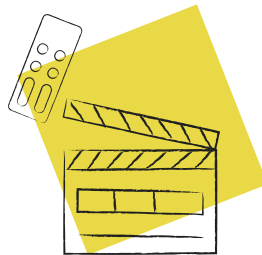
Be responsible for what I create and share through social media by:

Deal with comparing people's looks by:

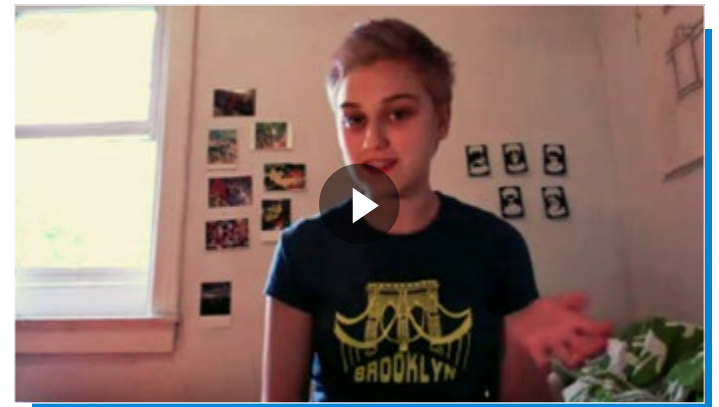


Worksheet

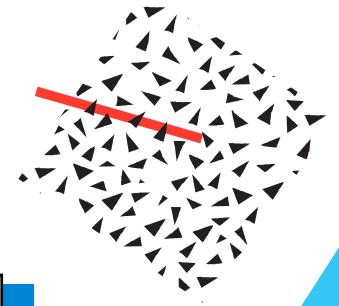
# Champion change in our world!



Video



# Activity 3



Name: .....

Confident Me / 5 Be the Change / Worksheet

## How can we change our world?

How will you take action to champion body confidence in your world? Use this planning sheet to help you structure your idea.

Our idea:

Now, break your idea down into the different actions you will need to complete.

Action	What are we doing?	By when?	Who will do this?	What resources do we need? (e.g. things, help from others)	Notes
1					
2					
3					
4					
5					

Decorative elements: musical notes and wavy lines at the bottom of the worksheet.



Worksheet

# Take action together!

- Poem, song, or rap
- “Real” selfies
- Leaflet or web page
- School assembly
- Posters
- School code of conduct
- Social media campaign
- Presentation for school leaders
- Mirror messages
- Video or play script
- Online petition
- Body outlines of non-appearance-based qualities
- Protest march





# How can we change our world?



Worksheet

**You've got the  
tools to change  
the world!**





# Congratulations!

**You've now completed**

Confident Me: School  
Workshops for  
Body Confidence

**Remember to practice being a Body Confidence  
Champion every day, and strive to be the best  
version of yourself.**