

Name:.....

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...

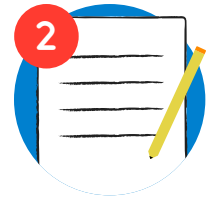
One thing I like about _____ is...

A really individual thing about _____ is...



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:

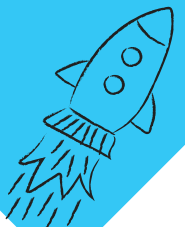
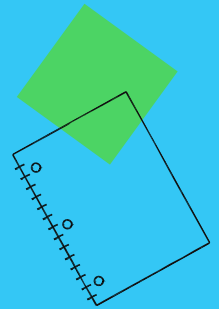
Deal with comparing people's looks by:

Banish body talk by:

The person who could help me keep my pledge is:

Signed:

Dated:



Celebrate your individuality and the diversity of the people you know.



Name:.....



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					

