



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...

.....

.....

.....

.....

.....

.....

Feeling stuck?

You could write about what your partner does, what they like, how they act around people, what you really notice about them. Whatever you write, remember to keep it positive and respectful.





Name:

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.
Aim to be the best you can be – you are one of a kind!



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					





Name:

How can we change our world?

By working together as Body Confidence Champions, we can make an even bigger impact on the world around us. What action are you taking to challenge appearance ideals and share your world?

How can you share your idea with others in a creative and memorable way?

Our idea:



Take action together!

Use these ideas for inspiration to decide what you will do to work together to challenge appearance ideals and change your world.



Create posters:

What posters could spread the word about challenging appearance ideals? You could include information about decoding media messages, avoiding comparisons or stopping body talk. Where will you place your posters to get the most attention?



Write a school policy:

Your school has lots of documents that guide how the school is managed and how people should act. Work with a teacher or governor to draft a policy to help the school promote body confidence.



Create a presentation to give to governors and senior leaders:

Teachers and governors can play a big role in helping challenge appearance ideals in your school, but they might not know what this means! Plan a presentation to help explain to them how we can challenge appearance appeals and improve body confidence throughout the school.



Write a leaflet or web page for parents and carers:

Parents and carers are important role models in our lives. They can help build body confidence, but only if they knew why – and how! Plan a leaflet or web page to help explain to them how we can challenge appearance appeals and improve body confidence.



Script a video or play:

A video or play could help spread the word, especially to other students. Think of how you could do this using a story or documentary. Write your script, find your cast and production team, and get filming!





Take action together!

Use these ideas for inspiration to decide what you will do to work together to challenge appearance ideals and change your world.



Plan a social campaign:

Appearance ideals are promoted online and via social networks all the time. How could you use social networks to challenge beauty and appearance stereotypes, body talk and other unhelpful ideas and get people thinking?



Write a code of conduct for students, or an addition to an existing one:

Your school probably has a code of conduct or behaviour agreement for students. Work with a teacher or governor to include how students treat each other with respect to their appearance.



Write for your local papers or news stations:

Spread the word that you're setting an example! Write a catchy press release that will show your whole community that you're challenging the pressure to match appearance ideals. Include a photo of everyone. Don't forget to have your press release published in your school newsletter as well!



Plan an assembly:

Plan an assembly that will make everyone sit up and be a part of the change. This is a great way to introduce a whole-school project to challenge the importance of appearance ideals.





Take action together!

Use these ideas for inspiration to decide what you will do to work together to challenge appearance ideals and change your world.



Permission slips:

You can create blank 'permission slips' to hand out. Fill these in to give yourself and others permission to like and value their real selves and celebrate their unique and diverse personal qualities. Why not fill in two copies? Keep one for yourself and create a display of all the others.



Compose a poem, song or rap:

Music is a powerful way to reinforce how people think – or change it! Write a song or rap that challenges how music often celebrates appearance ideals and which shows that other qualities matter more!



Create a 'real' selfies gallery:

Watch 'Dove: Selfie' on YouTube. Next, create your own class gallery of realistic selfies that celebrate every person's individuality and don't reinforce appearance ideals.



Create body outlines:

You can draw a silhouette of your body and write all the positive, non-appearance-based things you like about yourself around it. Why not hang your outlines on display to celebrate the unique and diverse personalities in your class?



Mirror messages:

Create message frames to go around school mirrors and which remind students to value qualities other than appearance as well. You could cover all the school mirrors for a day, or even a week!

