

Be the Change

Confident Me:

School Workshops for Body Confidence



workshop
5 of 5

Dove
self-esteem
project



What have we learned?

It's not worth trying to match ideals.

Media images are often manipulated.

Avoid comparing, value what makes you unique instead.

Body talk can make appearance seem too important.



What are we learning today?

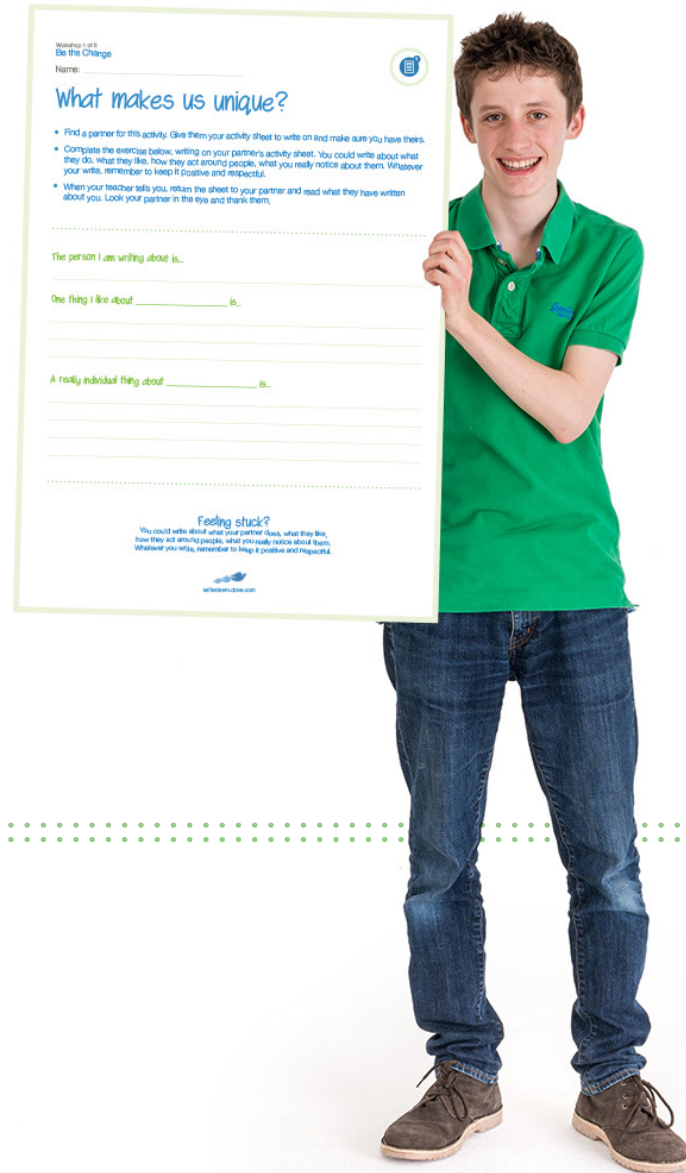
- Valuing other qualities
- Commitment
- Planning future action
- Celebration



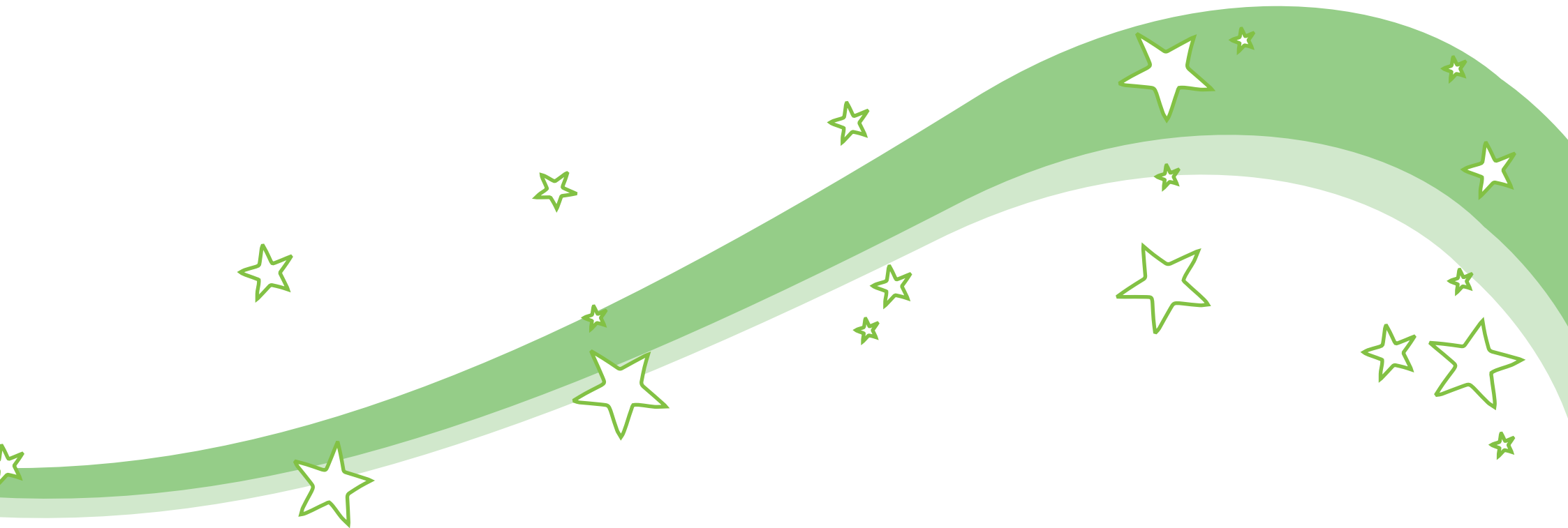
What are our workshop ground rules?

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

How can we celebrate individuality?



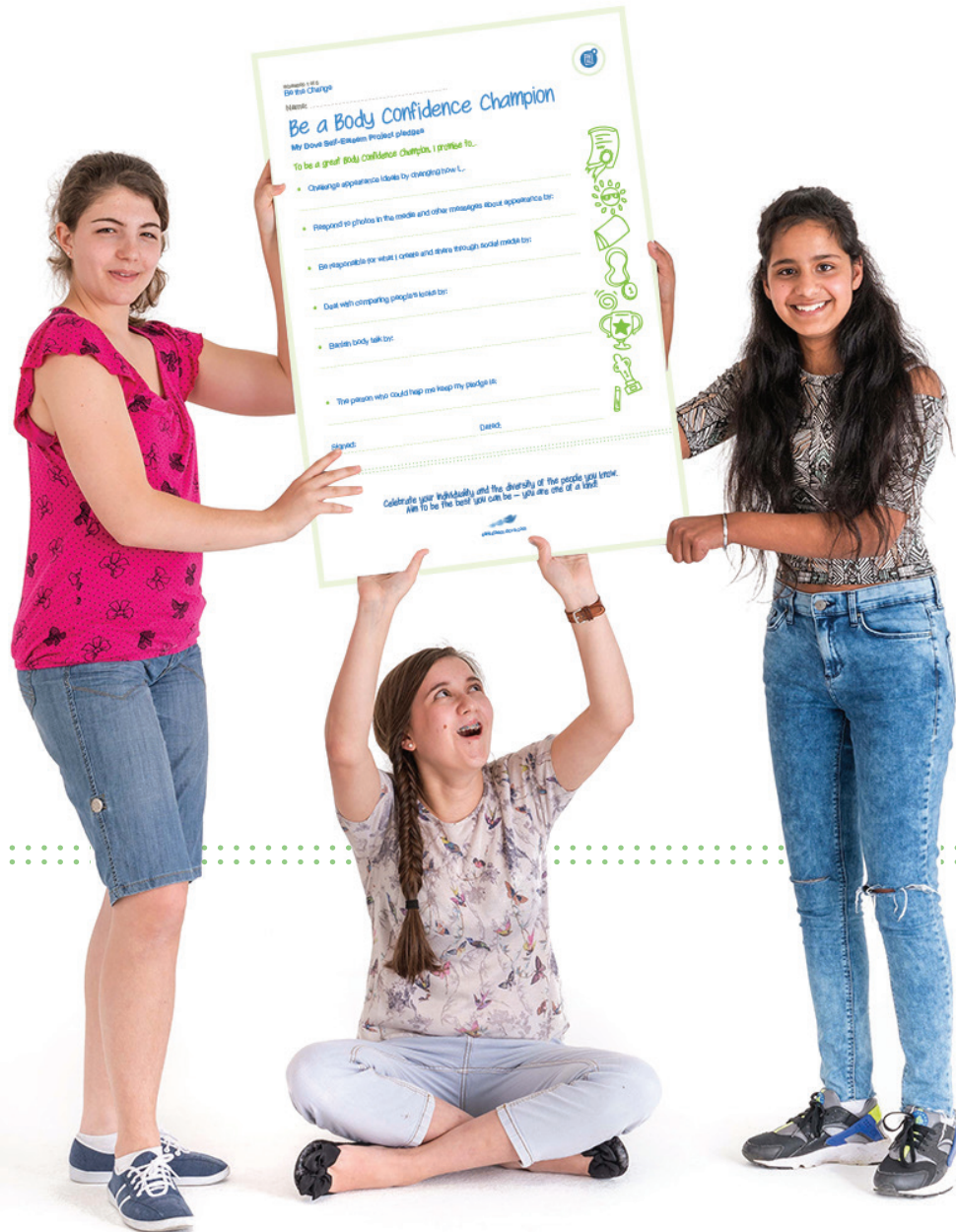
Be a Body Confidence Champion



Be a Body Confidence Champion



Be a Body Confidence Champion



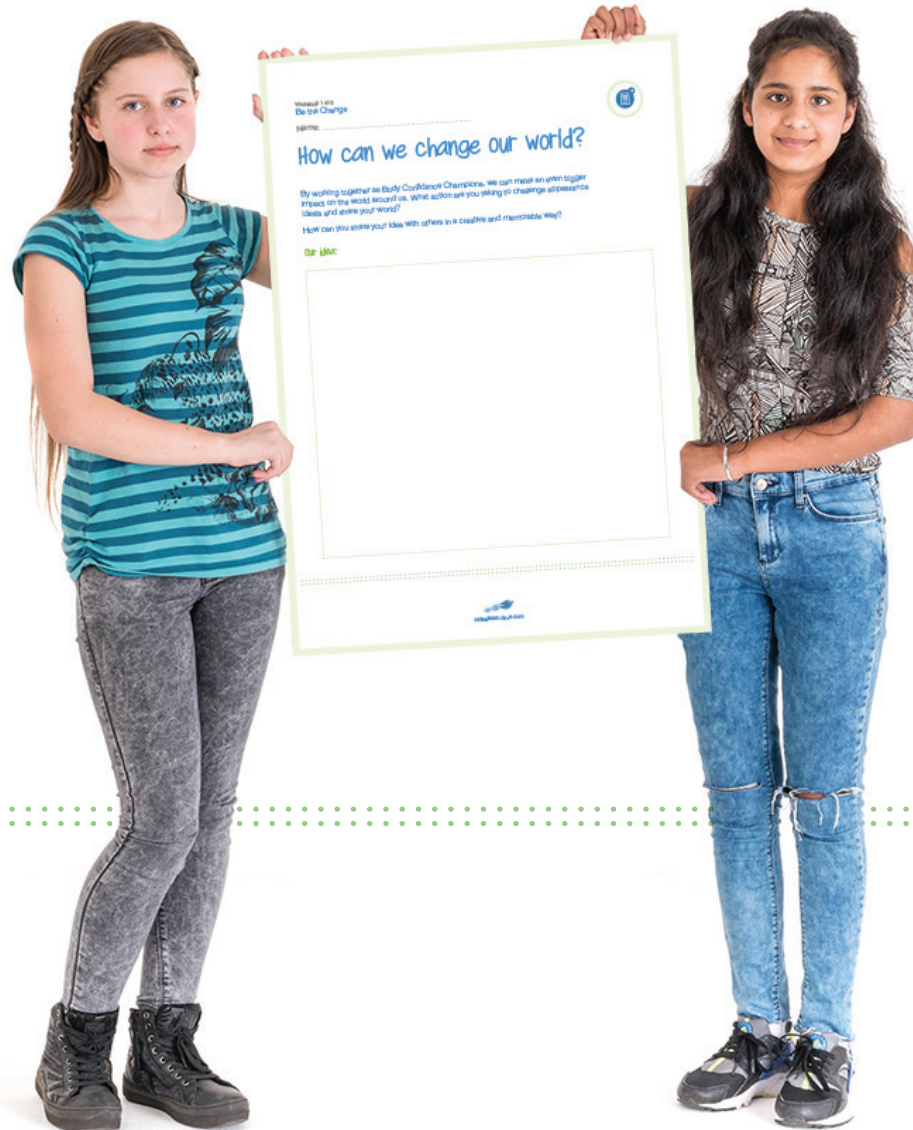
Champion change in our world



How can we change our world?



How can we change our world?



You've got the tools to change the world!



Congratulations!

You've now completed **Confident Me:
School Workshops for Body Confidence.**

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



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