

# 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

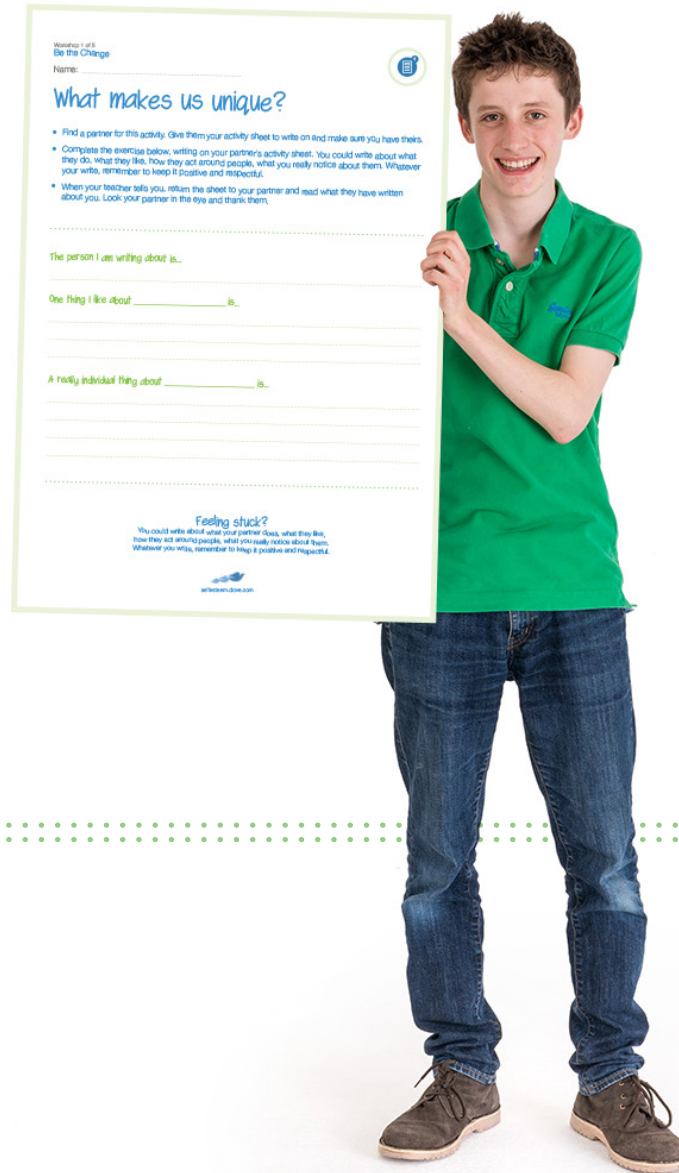


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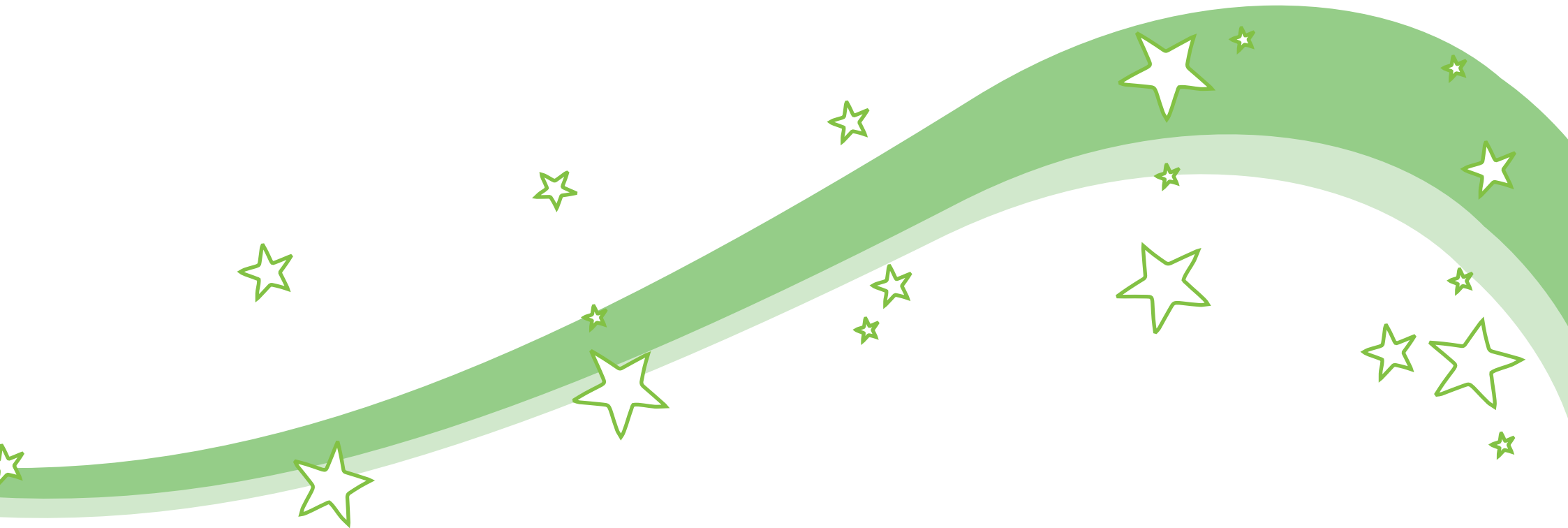
## What are our workshop ground rules?

- 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 good  
role model

Value the  
whole person

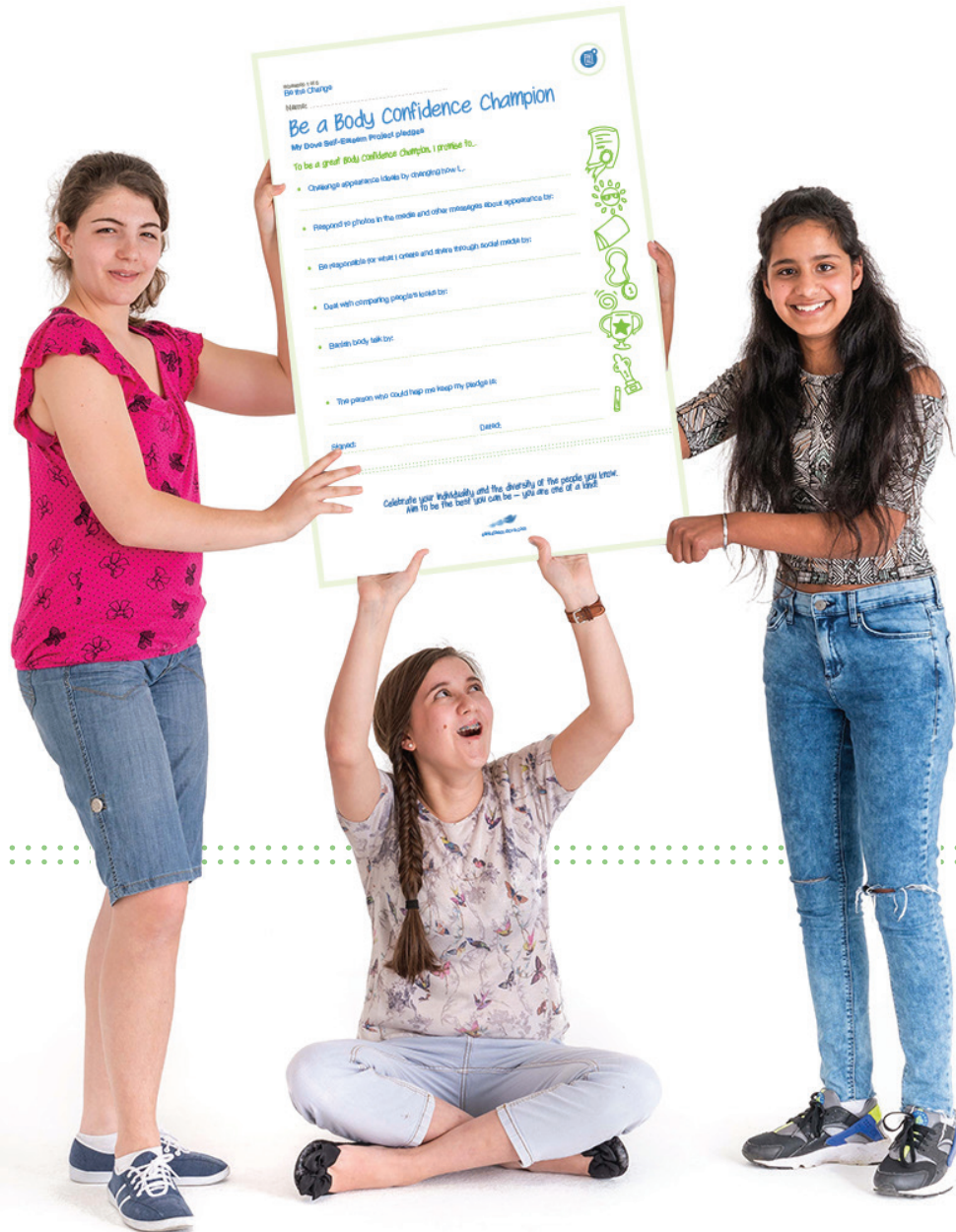
Respect  
yourself

Support  
individuality

Look after  
each other



# Be a Body Confidence Champion

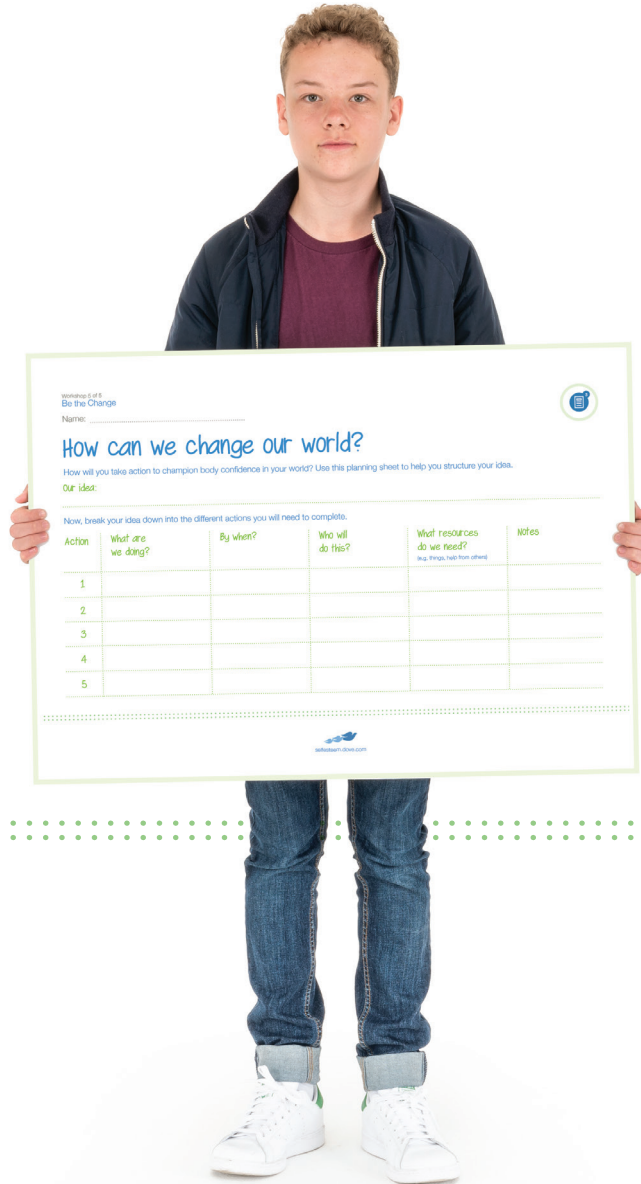


# Champion change in our world

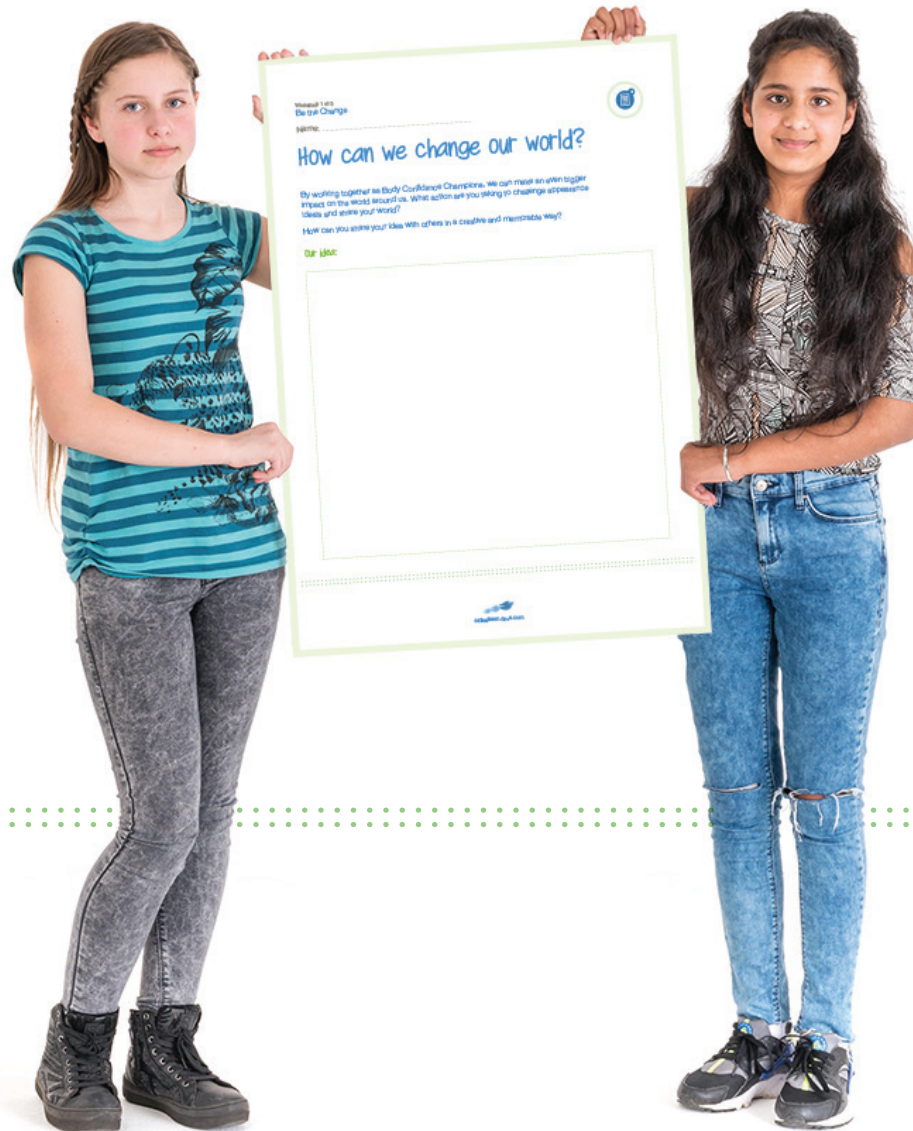




# How can we change our world?



# 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.



*Dove*  
self-esteem  
project

