

Single Session

Confident Me:

School Workshops for Body Confidence



Dove
self-esteem
project



What are our workshop ground rules?

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



What are appearance pressures?



Where does this pressure come from?



What do we mean by media?



What do we mean by media?

Professional media



What do we mean by media?

Professional media



Personal media



What are we learning today?

- **Appearance pressures**
- **Professional media**
- Personal and social media



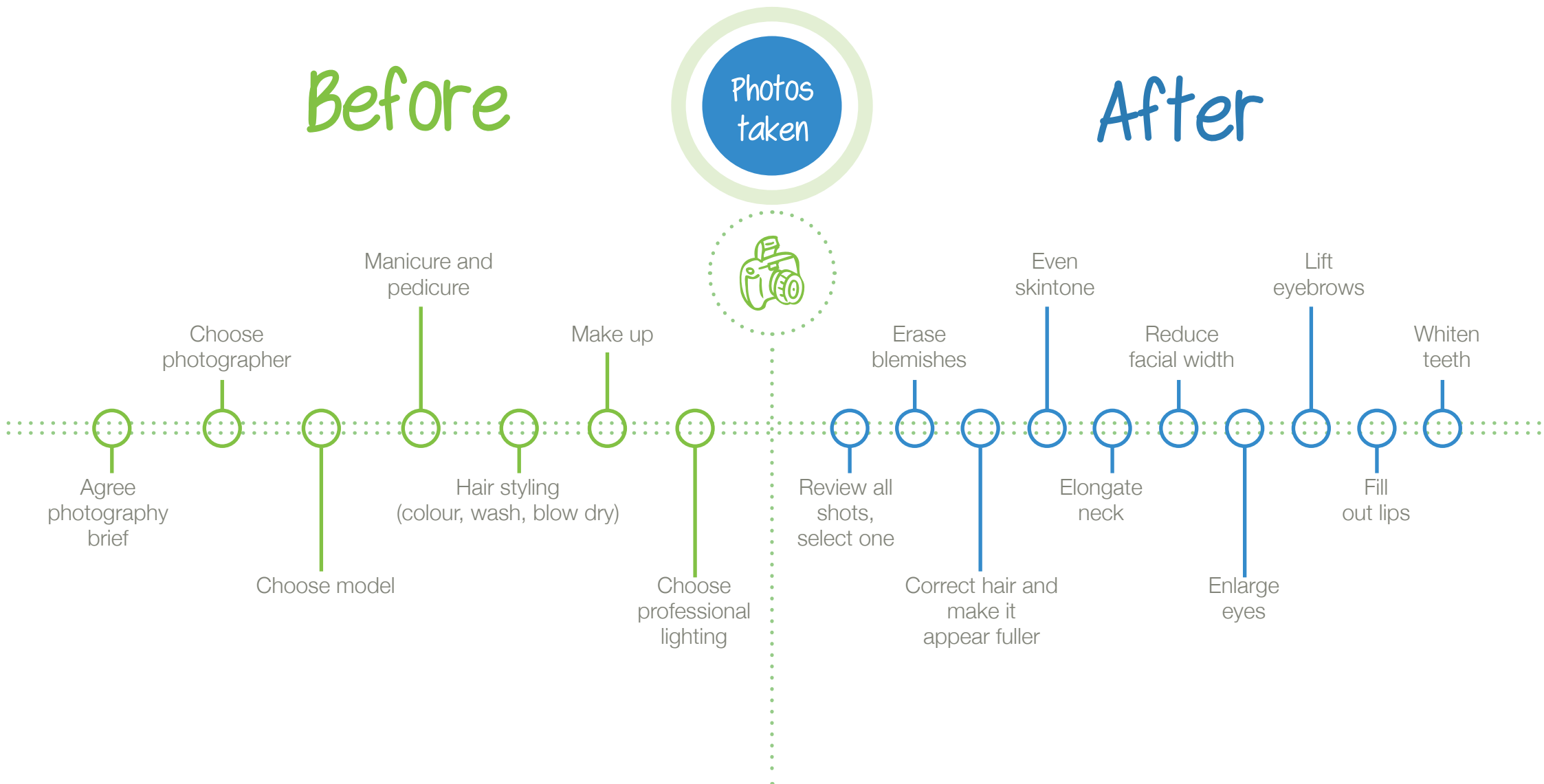
How can images be manipulated?



How can images be manipulated?



How can images be manipulated?



Why is professional media often created in this way?

- Promise
- Feelings
- Actions
- Results
- Fix



What problems can this cause?



What can we do about this?



What are we learning today?

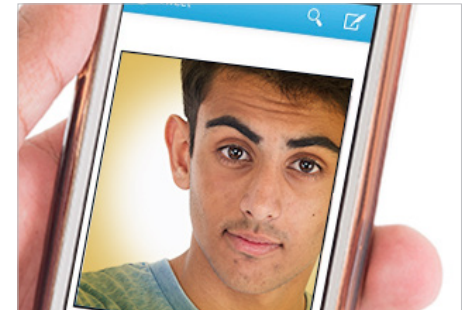
- Appearance pressures
- Professional media
- **Personal and social media**



What problems can comparing with those around us cause?



How can media made by you and your peers be manipulated?



What problems can this cause?



What can we do about this?



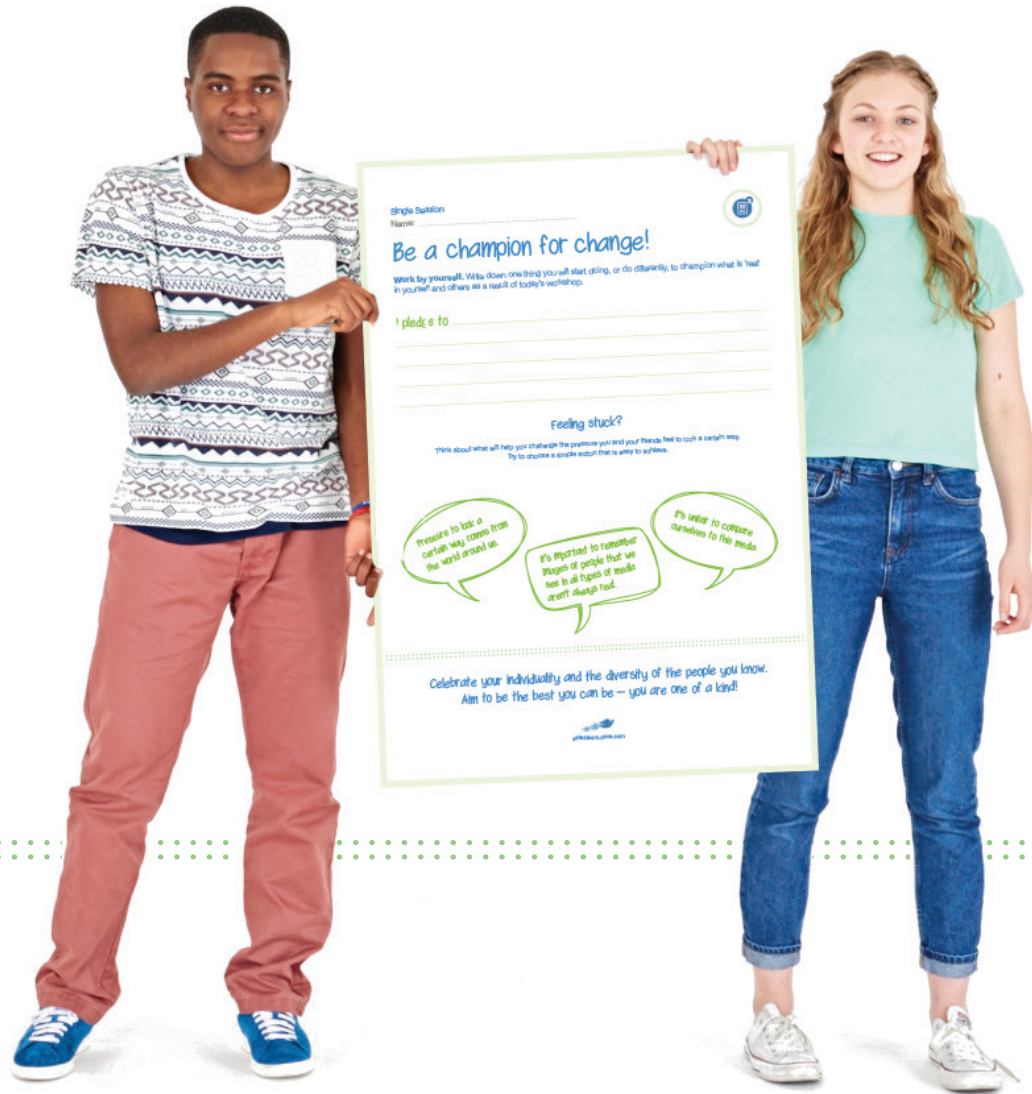
What have we learned today?

Pressure to look a certain way comes from the world around us.

It's important to remember images of people that we see in all types of media aren't always real.

It's unfair to compare ourselves to this media.

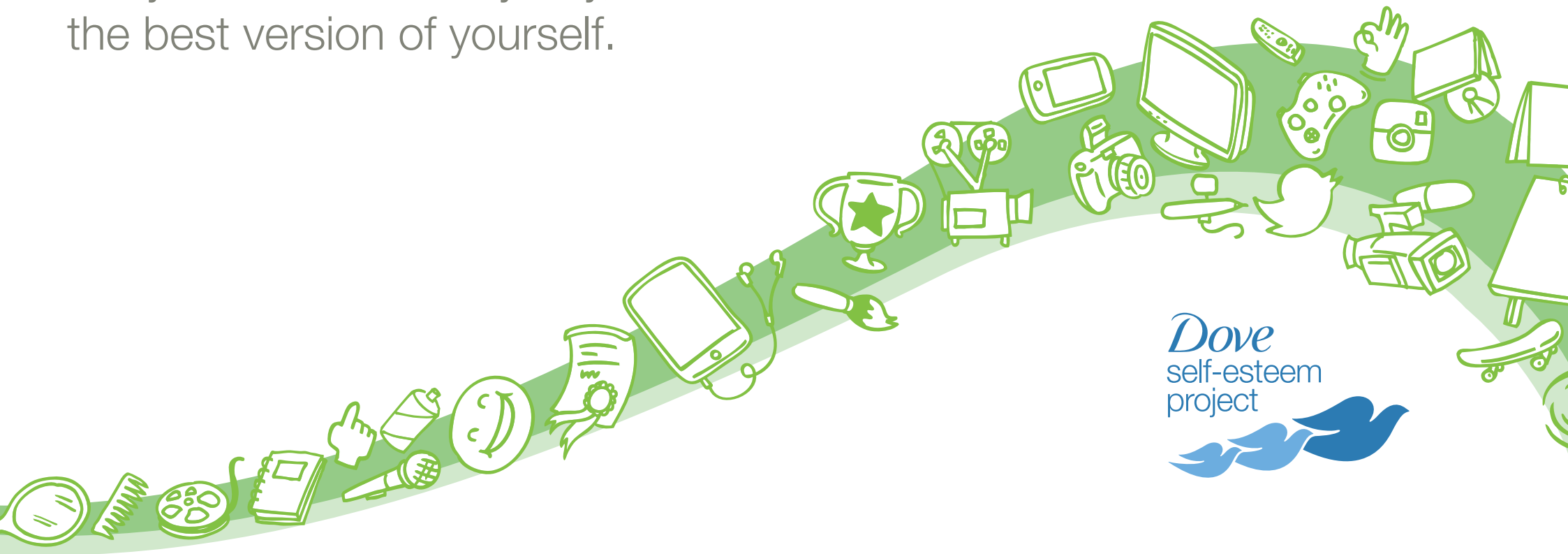
Be a champion for change



Congratulations!

You've now completed **Confident Me: Single Session**.

Remember your commitment to champion body confidence every day, and strive to be the best version of yourself.



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