

# confident me

School Workshops  
for Body Confidence



FIVE SESSION

WORKSHOP 5  
Be the Change

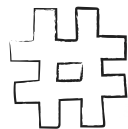


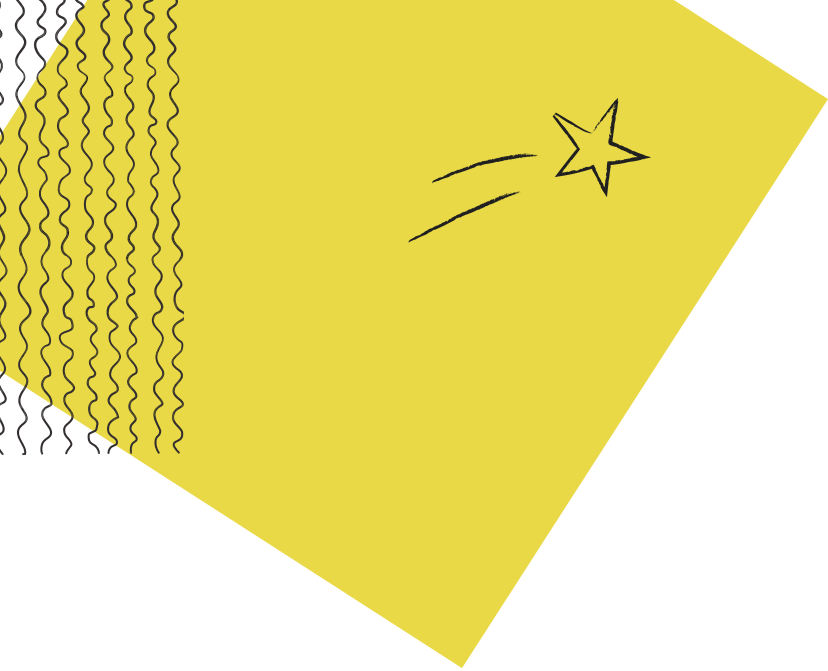


# Goal-setting reflection opportunity



Worksheet



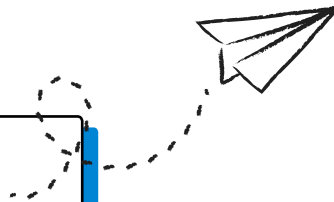


# What are we learning today?



## Workshop Group Agreements

- Respect differences
- Right to pass
- Keep it confidential
- Please contribute



Valuing other qualities



Advocacy project



Celebration





# Find someone who...



Worksheet



# 4 performance- assessment opportunities

- 1 Letter to advertiser
- 2 Powtoon presentation
- 3 Rap, song or poem
- 4 Policy revision



Worksheet



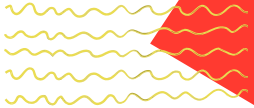






# Be a Body Confidence Champion



# Be a Body Confidence Champion



- 
-  **Be a good role model**
  -  **Value the whole person**
  -  **Respect yourself**
  -  **Support individuality**
  -  **Look after each other**



You've got the  
tools to change  
the world!





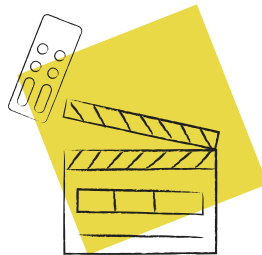
# Congratulations!

**You've now completed**

Confident Me: School  
Workshops for  
Body Confidence

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

# Champion change in our world!



**Extension Activity:**  
Video

