PLAN INTERNATIONAL

Dove Self-esteem project

Women and Gender Equality Canada | Femmes et Égalité des genres Canada



Confident Me

School workshops for body confidence

Creating a supportive & non-judgemental environment

- Ask questions
- Listen when others are talking
- Respect differences
- Keep it confidential
- Contribute as much as you are comfortable with

What are we learning today?

1. Body confidence
2. Appearance pressures
3. Image manipulations
4. Be a Body Confidence Champion



Test your knowledge!

What is body confidence?

A Feeling confident that you look as good as your best friend.

B Knowing that your body is healthy enough to pass a fitness test.

C Believing that your body is as good as anyone else's body.

D Feeling comfortable about your body for how it looks and what it can do.



Test your knowledge!

What is an appearance ideal?



A. The way we feel about ourselves inside.

B. What our society or culture tells us is the right way to look.

C. The way we choose to look, dress and express ourselves.

D. Rules for how everyone needs to dress.

Test your knowledge!

What is appearance pressure?

A. Pressures we feel to look a certain kind of way.

B. Wanting to ‘look good’ in a way that other people (friends, family, etc.) will compliment.

C. Trying to look and dress in a way that copies how other people look and dress.

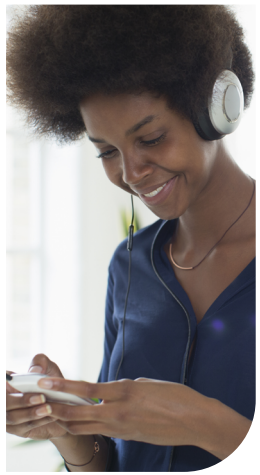
D. All of the above.











Where do appearance pressures come from?



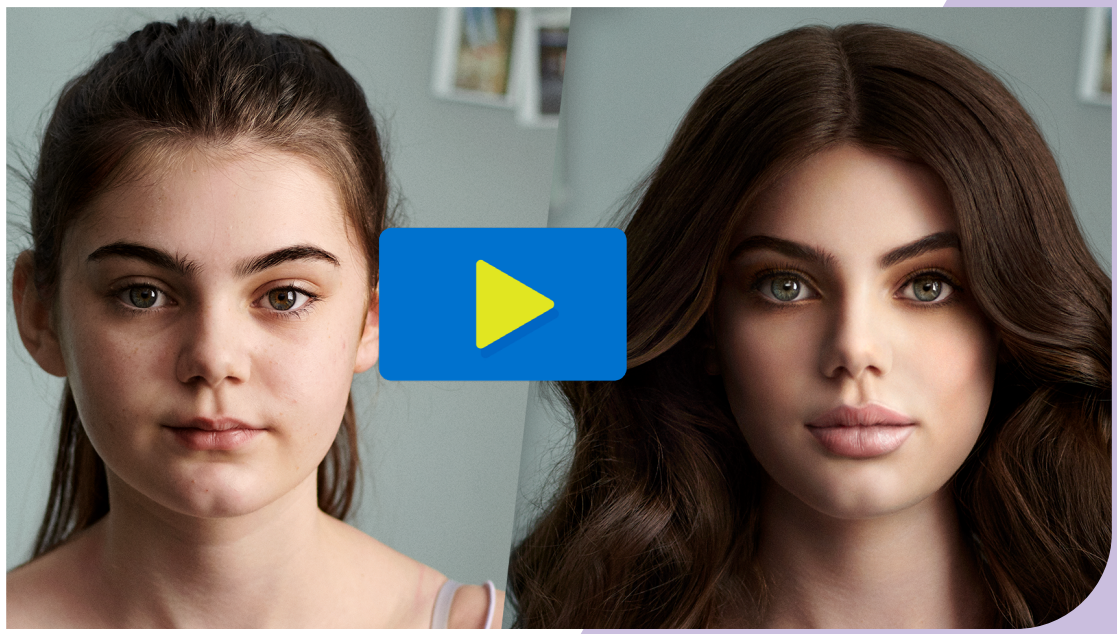








How can images be Manipulated?



How are appearance ideals used in marketing & advertisements?

Questions to discuss

- What is being sold in this advertisement?
- Why are they using a person who looks like this?
- Why would they manipulate a picture of this person to make them look more “ideal”?



What problems can this cause?



How can we respond to appearance pressures?



Scenario 1

Browsing social media, you see a video of a person doing a dance that has become popular lately. This particular dancer is good-looking and they move skillfully.

You immediately think about how you would never look as good doing the same dance. How do you respond to that automatic thought?

Scenario 2

Your friend points out a billboard with pictures of good-looking people who all look very happy. You realize it's an advertisement for a skin lightening product for people with darker skin.

Your friend has darker skin and shares that they would like to try the product. How do you respond?

Scenario 3

Your sibling really likes one social media influencer. They often buy products the influencer recommends and mimics the way they dress. That influencer recently got cosmetic nose surgery (rhinoplasty), which earned many compliments.

Your sibling wonders if they should get surgery too. What would you say?

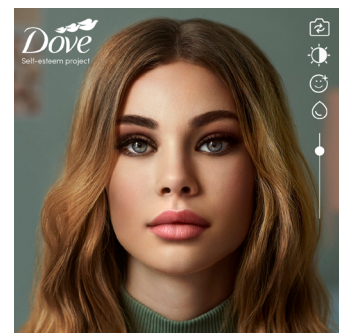
What have we learned today?

















What will you do to be a Body Confidence Champion?



Congratulations!

You have now completed the **Confident Me: Single Session.**

Remember your commitment to champion body confidence every day and strive to love yourself!



Want to connect with other changemakers and learn how to take action on the issues that matter most to you? Scan the QR code to join Plan Canada's Youth Hub!