



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Name: _____

Be a body confidence champion

My confident me pledges

To be a great body confidence champion, I commit to...

Challenge appearance ideals by changing how I...

Be aware of the appearance ideal messages that photos in the media send by:

Be responsible for what I create and share through social media by:

Avoid comparing people's looks by:

Signed _____

Date _____

Celebrate your individuality and the diversity of the people you know. Aim to be the best you can be – you are one of a kind!

