



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



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Confident Me | Session 5 of 5

Be The Change

**School
workshop
for body
confidence**

What have we learned?

About body talk:

- Body talk is any conversation about appearance
- All kinds of body talk can cause problems to our self-esteem
- We can avoid body talk and focus on other qualities instead



What are we learning today?

- How can we celebrate individuality?
- Meet the Body Confidence Champions
- How can we change our world?
- You've got the tools to change the world!

Remember our group agreement

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

How can we celebrate individuality?

Get in pairs and answer the following questions about your partner:

- One thing that I like about (partner) is...
- A really unique thing about (partner) is...
- One thing that (partner) and I share is...



Who is a body confidence champion?

- A good role model
- Supports individuality
- Challenges appearance ideals
- Respects themselves
- Values other people for who they are
- Look after each other



Meet Marcel!



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**Meet
Amara,
Haru,
Michael,
Carleigh
& Daniel!**

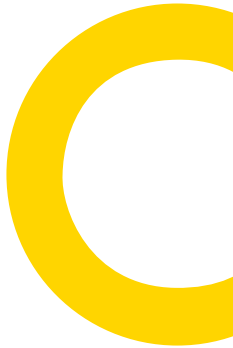
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Meet Ju!



- # Meet Kallik!



**You've got the
tools to change
the world!**

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Congratulations!

We just finished the **Confident Me: School Workshops for Body Confidence** Program! Now you can take what you just learned and do your best to be a Body Confidence Champion!



Join a network of Body Confidence Champions across Canada!
plancanada.ca/powerwithin



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!