

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...

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

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

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Avoid comparing people's looks by:

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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!**

