



My Free Being Me Journey

	I did it!
Session one	
- Agree Group Guidelines	
Beauty around the world	
Pressure at the Party – Defining the Image Myth	
Where does the Image Myth come from?	
Airbrushing Spot the Difference	
Outside Inside: Consequences of the Image Myth	
Personal Challenge brief – Media Detectives	
Session two	
Media detectives debrief	
Make your own media	
Personal Challenge: Friendship Note	
Session three	
Friendship Note debrief	
Friendship Mission	
Personal Challenge brief: Mirror Mirror	
Session four	
Share: Mirror Mirror Personal Challenge	
No More Body Talk!	
Personal Challenge: Spread the word	
Session five	
Plan your take action project	

I did my Take Action project on: _____

Great work! What an amazing Free Being Me learning journey you have had. You are changing the world!

What to do now: Send in a summary of your Take Action project to your local Free Being Me Coordinator either through your Unit or Region leader or direct to Head office in your State. You will then receive your Free Being Me Badge!

Your Free Being Me Coordinator is:
Contact details: