

# Free Being Me


## My Journal Younger

Name: \_\_\_\_\_



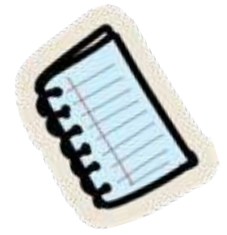


## What makes a great Body Confidence Buddy?

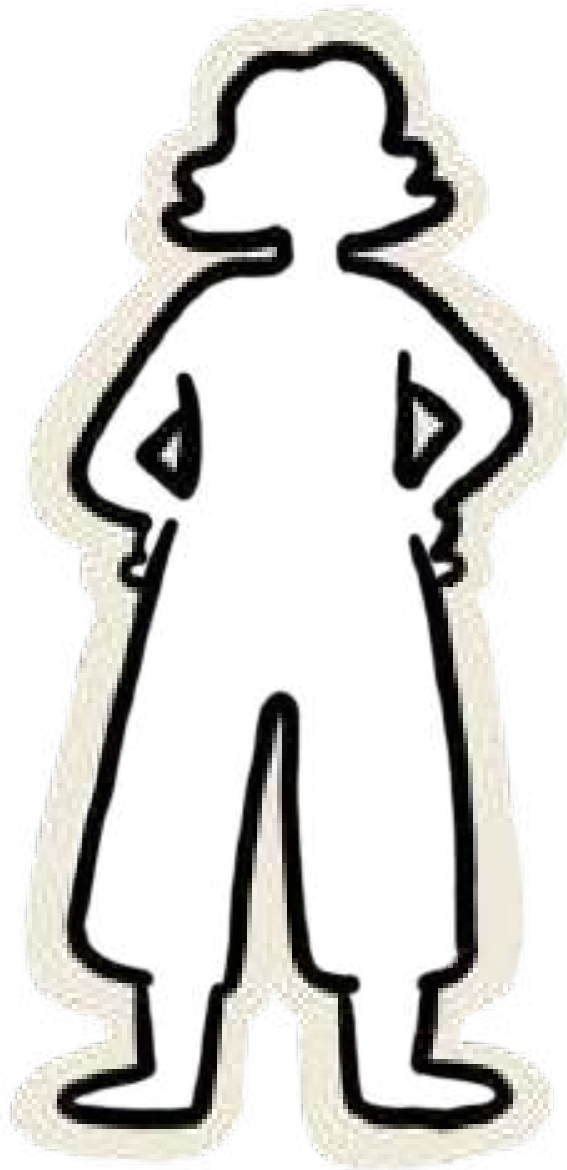
- ✓ Encourage people to make the world a kinder place.
  - ✓ Help people when they are worried about how they look.
  - ✓ Support people by celebrating all the different things that make them who they are – how we look is only one part!
  - ✓ Show the way – show others how to feel good about their bodies by treating yourself kindly.
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# Session 1: Reflection



**Write around Hana's outline all of the different things her body does for her!**





# Session 1 Home Challenge: My Amazing Body



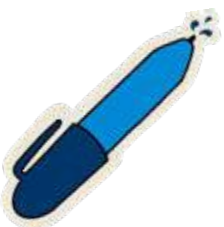
Complete the statements below  
to celebrate your body!

I really like my ..... [body part]

My ..... [body part] helps me to .....

I love my body because.....

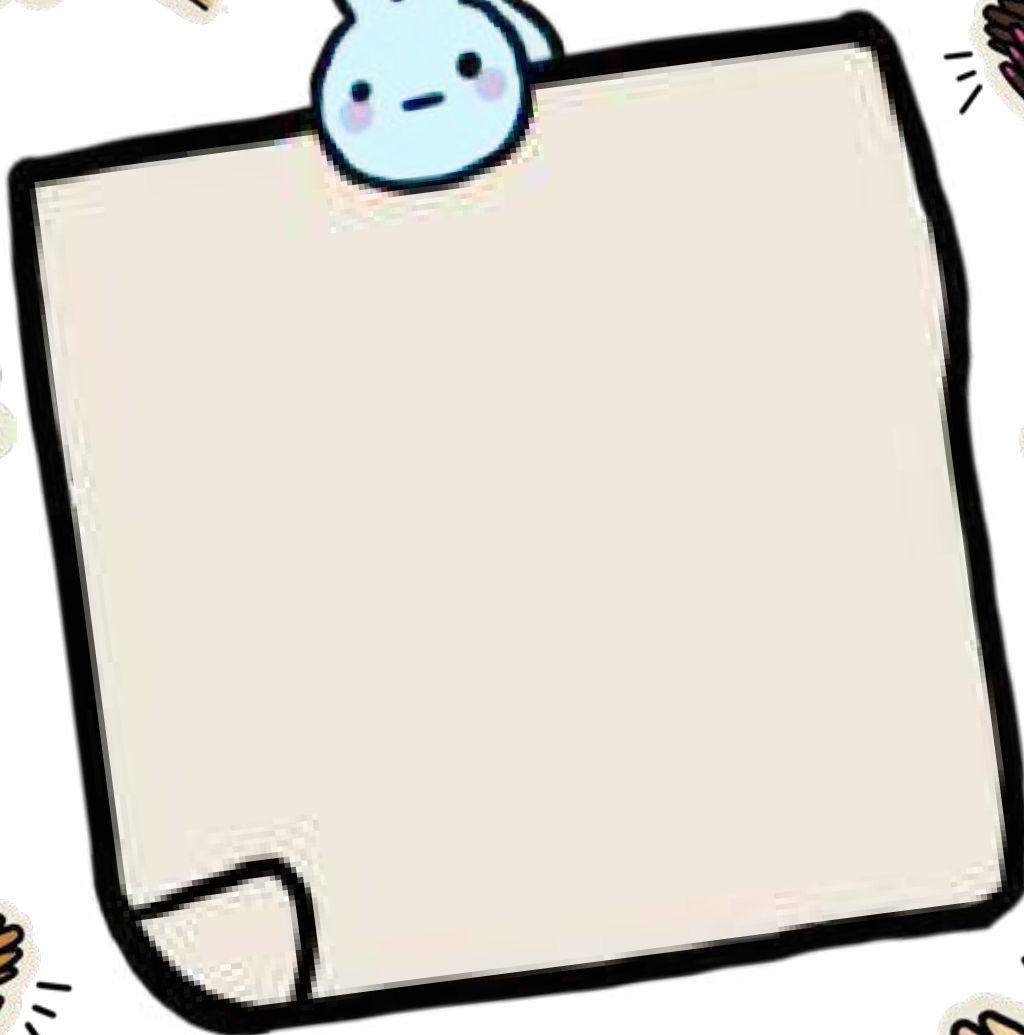
I will do.....  
[do this activity] because it makes me feel good.



# Session 2: Reflection



Stick your compliment  
(unrelated to your looks) here:

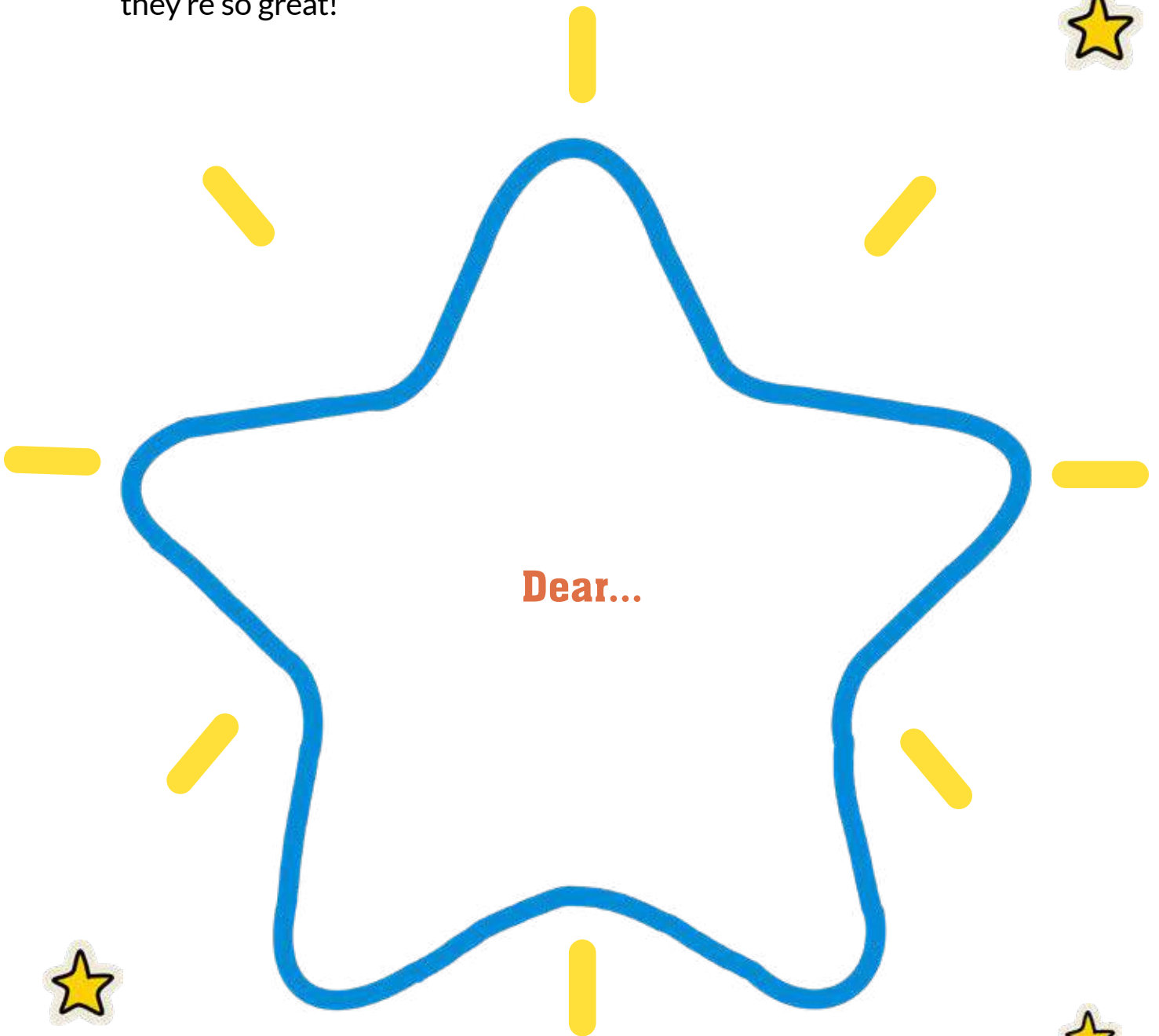




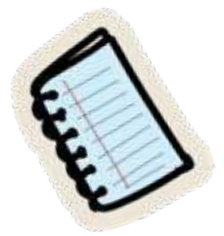
# Session 2 Home Challenge: You're a Star



- Pick **one person** important to you, eg parent, brother or sister, friend.
- Write five messages in each point of the star to tell this person why they're so great!



# Session 3: Reflection



## Be your own Body Confidence Buddy!

What could you tell yourself to feel good?  
*Remember this if you ever feel like Hana.*



A large, light beige rectangular area with a purple border, containing horizontal dotted lines for writing. A yellow arrow points from the right edge of the page towards the writing area.







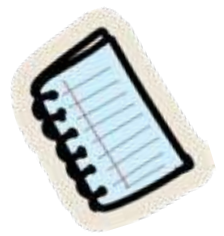
# Session 3 Home Challenge: My Mirror



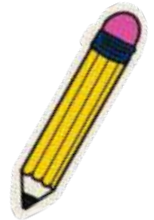
Stand in front of a **mirror** somewhere safe and quiet. While looking at yourself, read out the sentence from the previous page. Repeat a few times in the week if possible.



# Session 4: Reflection



**Draw or write down what makes  
a great **Body Confidence Buddy**.**

A large, blank yellow notepad area with a scalloped left edge, intended for drawing or writing reflections.



# Session 4 Home Challenge: My Promise



Next time I see or hear teasing I promise to...



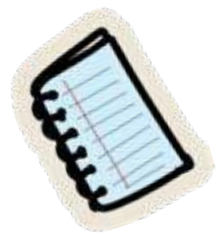
Choose **one** below:

- Ask people to be kind to others.
- Help the person being teased, eg by including them or being kind.
- Tell an adult.

Signed: \_\_\_\_\_



# Session 5: Reflection



## Take Action Project Plan example

I pledge to take action for myself by:

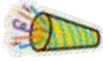
I will help other people feel more body confident by:

My message to people about beauty standards is:

Date of my action:



# Session 5 Home Challenge: Take Action!



Carry out your **Take Action Project** and get ready to share how it went.



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## #FREEBEINGME





## Free Being Me (FBM) is an educational programme that promotes a world free from appearance-related anxiety.

FBM first began in 2013, developed in partnership with the World Association of Girl Guides and Girl Scouts (WAGGGS), the Dove Self-Esteem Project (DSEP) and the Centre of Appearance Research (CAR). Since then, an incredible six million Girl Guides and Girl Scouts in 80 countries have improved their body confidence and helped other people do the same. This updated, more representative and interactive version of Free Being Me will support four million other Guides and Scouts to lead a movement towards a world free from body insecurities. We can't wait to see what your group will do!



[www.wagggs.org](http://www.wagggs.org)

   @wagggsworld

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Dove & the World Association  
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