



Free Being Me



My Journal Middle - Older



Name:

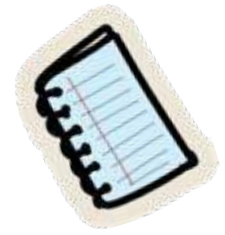




What does it feel like to be **Free Being Me?**



Session 1: Reflection



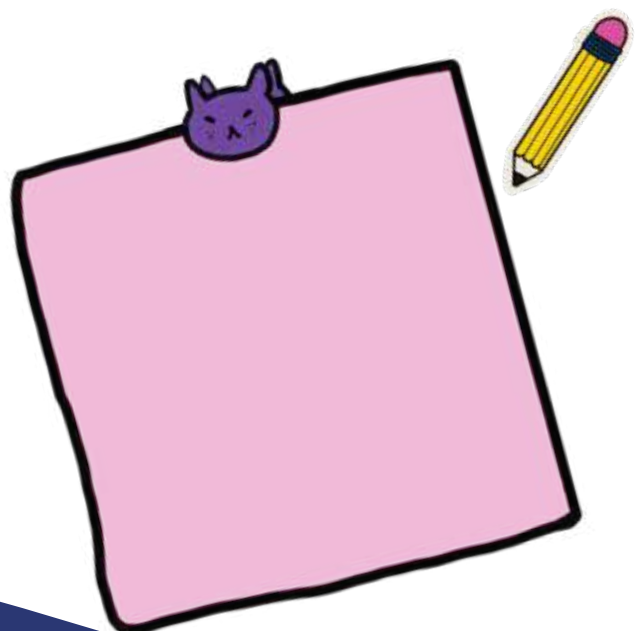
How did the session make you feel?

.....

.....

We've seen how beauty standards especially stop girls and young women from reaching their full potential. As a global citizen, what could you do to **challenge beauty standards**? You could share your ideas with a friend!

Stick your compliment
(unrelated to your looks) here:





Session 1 Home Challenge: Media Detectives



Find **three examples** of beauty standards in **different forms of media**, eg TV, roadside advertising, transport, online videos, social media, film.

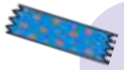
For each beauty standard, write down **two harmful** consequences it could have on people:



1. Beauty standard and where seen/heard =

a. Consequence

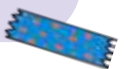
b. Consequence



2. Beauty standard and where seen/heard =

a. Consequence

b. Consequence



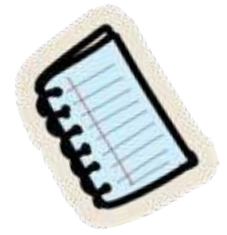
3. Beauty standard and where seen/heard =

a. Consequence

b. Consequence



Session 2: Reflection



The most important thing I learned today was...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Draw an advert that makes people feel body confident here:

A large, blank yellow rectangular area with a scalloped left edge, intended for drawing an advertisement.

Home Challenge: Dear Friend



Write a letter or record a voice note to a **younger person** you know, eg *sibling, student, brownie*.

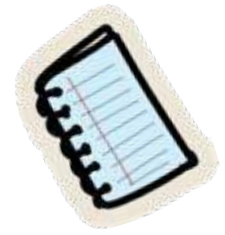
Explain why it's not worth trying to achieve beauty standards and why it's harmful if they do. Remember to use what you've discussed in the sessions.

Dear...

A large, light purple rectangular area with a scalloped left edge, containing horizontal dotted lines for writing.



Session 3: Reflection



Write down:



Three parts of your body you like because of **what they can do**:

1.

2.

3.

Three things you can **say to yourself** when you think negatively about how you look:

1.

2.

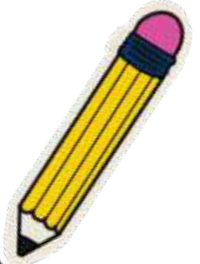
3.

Three parts of your body that you like the look of:

1.

2.

3.





Session 3

Home Challenge:

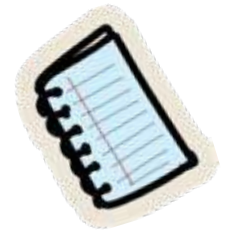
My Mirror

Stand in front of a **full** mirror in a comfortable, quiet place. Think about the things you wrote in your Reflection or add new things.

Look at yourself in the mirror and say out loud:

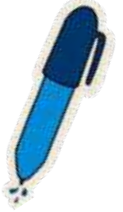


Session 4: Reflection



Salma and Issa spend at least 20 minutes per day worrying about their looks – this adds up to **10 days worrying per year!**

Write or draw a day of confidence-boosting activities for them to do instead of worrying:



Morning



Afternoon



Evening





Session 4 Home Challenge: My Challenges

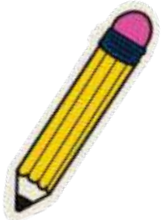


A great way to boost body confidence is by trying new things that challenge what we believe!



Tick two promises that you will keep to challenge beauty standards:

*I usually wouldn't do this because I worry about my looks,
but this week I will try to...*



- Wear something different, eg shorts because I can learn to like my legs.
.....
- Stop taking part in body talk.
.....
- Challenge my friends/family if they use body talk.
.....
- Exercise in public (eg run, cycle or swim) because I don't care if I'm sweaty/red.
.....
- Wear my hair in a new style.
.....
- Stop wearing certain makeup because I am beautiful the way I am.
.....
- Share unfiltered (and/or unedited) selfies on social media because I don't need to change the way I look.
.....
- Accept compliments by saying, "Thank you".
.....
- Stop removing body hair because this hair is healthy and natural.
.....



Your own idea:
.....

How to challenge body talk



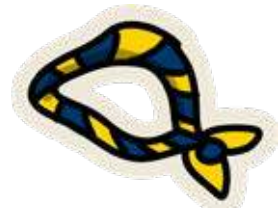
“You know that’s actually body talk? It makes us think we need to live up to impossible beauty standards!”



“When you say ‘You look great – have you lost weight?’, you’re actually saying ‘thin is the only way to be beautiful’ and it makes me feel bad.”



“These people you’re comparing yourself to – are they really happy?! There are so many more important things for us to talk about than looks, like ...”



#FREEBEINGME



"It's so sad you're spending time worrying about how you look in that photo. Photos are really for memories – remember how much fun we had?!"



"Talking and thinking about how we look all the time uses up our time, money and energy. How about we try focusing on why we're grateful for our bodies?"



"That company is actually making money by making us think we're not good enough – loving ourselves is the greatest revolution!"



Remember



- We – especially women and girls – are worth more than our looks.
- Comparison is the biggest thief (of our time, energy and money).
- Difference is beauty.
- All bodies are good bodies.
- My body is an instrument not an ornament (think of all the things it can do!).
- Your worth is not defined by the numbers on weighing scales.
- It's OK to be in the skin that you're in.



Session 5: Reflection



Take Action Project Plan example

I pledge to take action for myself by:

The people I want to help are:

My message to them about beauty standards is:

The action I will take is:

Date and location of my action:

Things or people I will need:

[After taking action]

- Three things that went well...
- Next time I would...
- I will share my Take Action Project by...





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.waggs.org

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Dove & the World Association
of Girl Guides and Girl Scouts

