

# Single Session

## Confident Me:

School Workshops for Body Confidence



*Dove*  
self-esteem  
project



# What are our workshop ground rules?

- Respect diversity
- Ask questions
- Keep it confidential
- Please contribute



# What are appearance-related pressures?



# Where does this pressure come from?



# What do we mean by media?





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Professional media



# What do we mean by media?

Professional media



Personal media



# What are we learning today?

- **Appearance-related pressures**
- **Professional media**
- Personal and social media





# How can images be altered?



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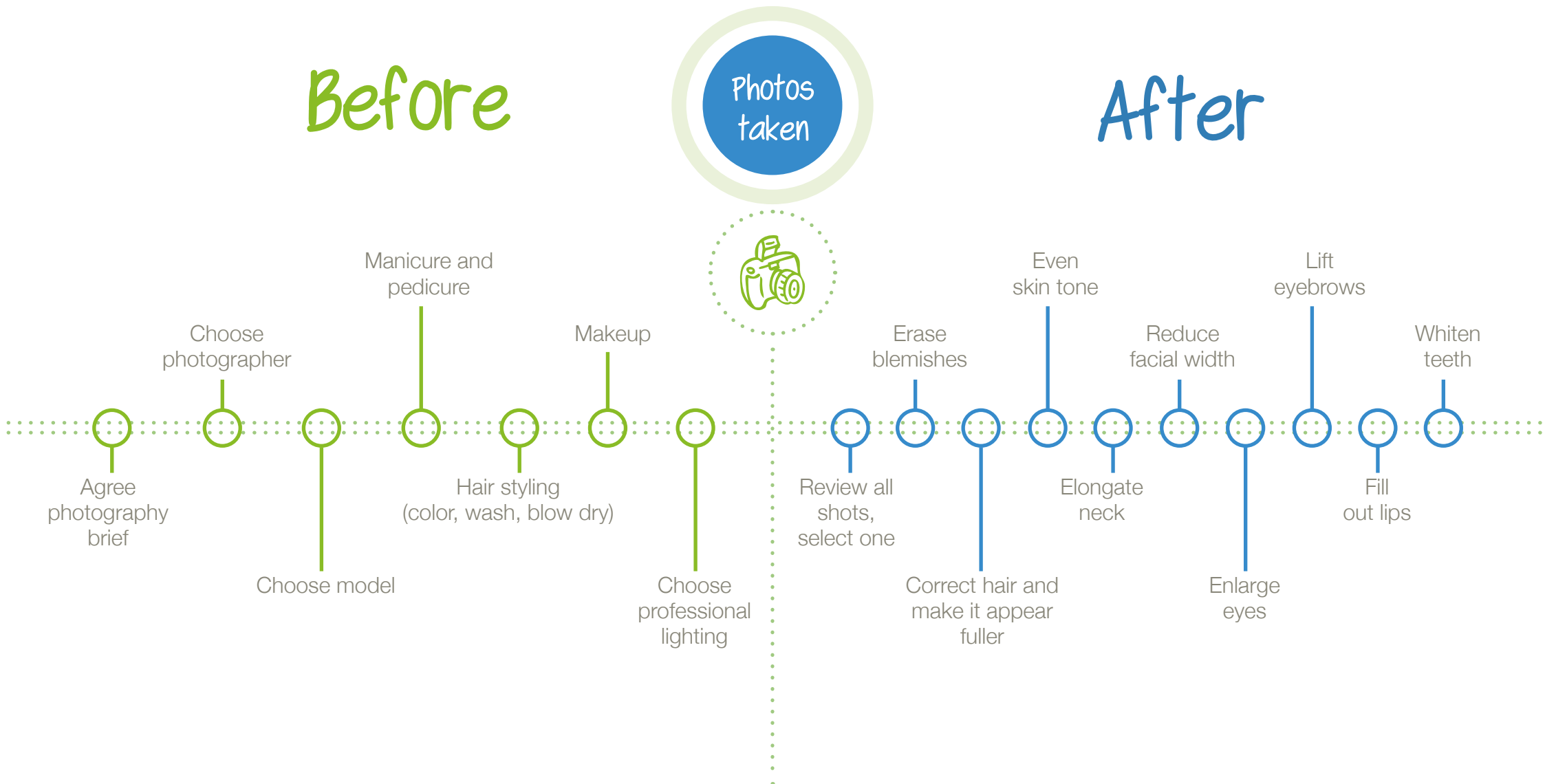


# How can images be altered?

Before

Photos  
taken

After



# Why is professional media often created in this way?

- Promise
- Feelings
- Actions
- Results
- Fix



# What problems can this cause?





# What can we do about this?



# What are we learning today?

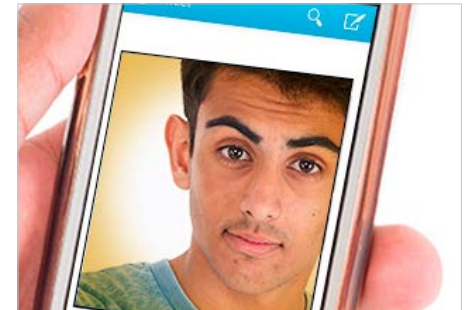
- Appearance-related pressures
- Professional media
- **Personal and social media**



# What problems are caused by comparing ourselves to others?



# How can media made by you and your peers be altered?



# What problems can this cause?





# What can we do about this?



# What have we learned today?

Pressure to look a certain way comes from the world around us.

It's unfair to compare ourselves to these media images.

It's important to remember that images of people we see in all types of media aren't always real.

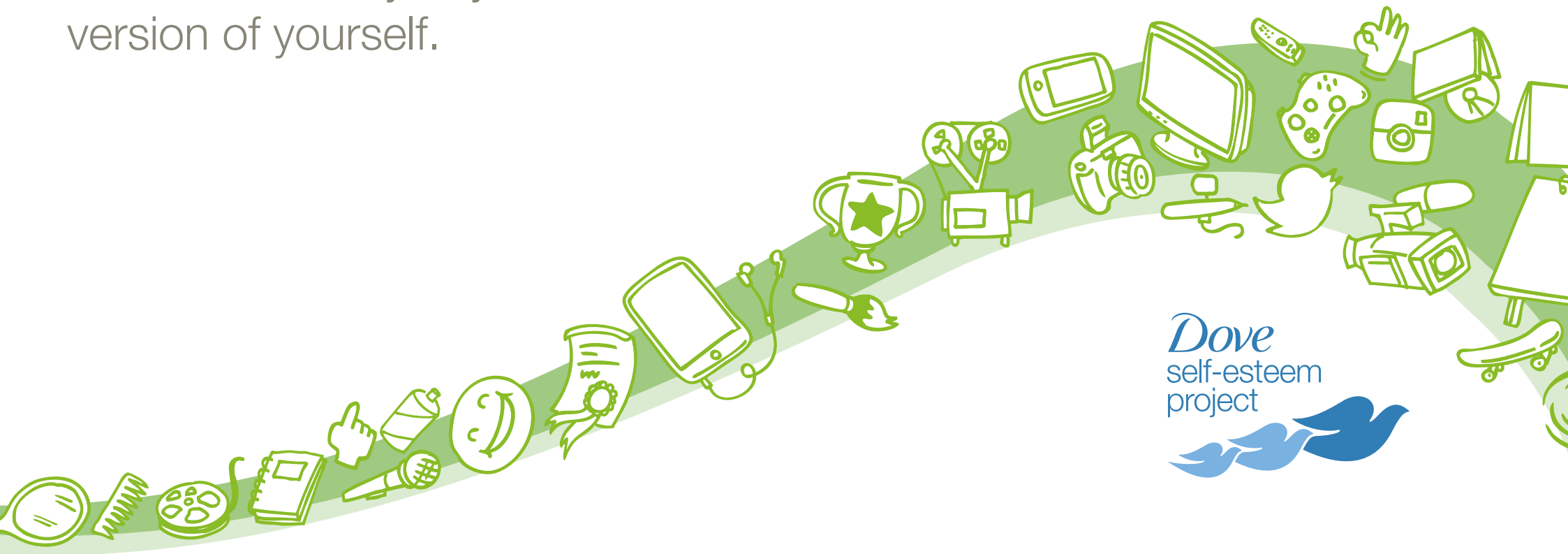
# Be a champion for change



# Congratulations!

You've now completed **Confident Me: Single Session**

Remember your commitment to champion body confidence every day, and strive to be the best version of yourself.



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