



confident me



Mini Lessons for Body Confidence

Guide for teachers, parents or carers

The Confident Me Mini Lessons for Body Confidence were created with distance learning opportunities in mind for students and can be completed at home with support from an educator, parent or carer.

This resource was developed by body image experts through the Dove Self-Esteem Project and is academically validated to help young people develop and maintain a healthy body image during the transition to adulthood.

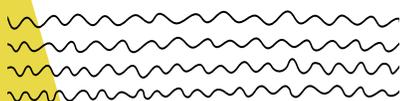
Within the three Mini Lesson activities the student will:

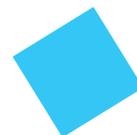
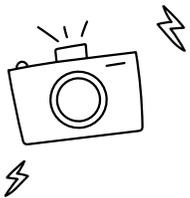
Understand the concept of appearance ideals

Analyse the influences that create pressure to achieve appearance ideals

Build media literacy skills by exploring how images and messages are often manipulations of the truth

Challenge the appearance ideals by setting a goal to build body confidence





Suggested Use



Educators may share the Confident Me Mini Lessons through various platforms below. A student's completed work can be collected online or through paper copies for assessment purposes.

- Photocopying lessons and handing out packs for students to take home
- Sharing electronic versions with students remotely (via Google Classroom, email, or other forms of communication)



Parents, carers, or adult mentors are recommended to support the child or young person as they work through the Confident Me Mini Lessons.

Suggested methods include:

- Print out or access the electronic versions and work through each page together, encouraging dialogue throughout.
- Attempt completing sections separately to assess each other's answers.
- Encourage watching videos (if applicable) or analyse photos together to discuss appearance ideals.
- Share personal examples of social media or photos that relate to appearance ideals over time.
- After reflecting on what was learned in each lesson, continue working with them to demonstrate goals set in place in their ongoing commitment to championing body confidence.

