Brownie

World of Girls Leadership Journey Connections

GSUSA, in partnership with the World Association of Girl Guide and Girl Scouts (WAGGGS) and Dove, has launched *Free Being Me*, a global leadership initiative. Using the *World of Girls* Journey, together with the *Free Being Me* curriculum, girls explore issues of beauty and body confidence and build their leadership skills.

World of Girls is part of the ***It's Your Story, Tell It!*** leadership curriculum, which was brought to you by Dove. This Journey series gives girls the opportunity to tell their stories through a range of creative approaches. It's designed to strengthen a girl's sense of self and boost her ability to seek and meet challenges in the world.

Use the quick guide below for *World of Girls* activities that provide a great starting point for getting girls engaged in the important themes of beauty and body confidence. Each *World of Girls* activity can be expanded on using the activities from the *Free Being Me* curriculum to help girls dig deeper into these issues.

World of Girls Sample Session 3:
Sweet, Spicy, Smooth, and Bright: The different peppers in this activity to get girls thinking about how we are all similar and diverse at the same time! (Page 53)

World of Girls Sample Sessions 5 & 6:
Drawing Ourselves: This creative activity gets girls drawing self-portraits in a new and different way. Girls use different colors and shapes to represent different aspects of themselves, and get to know each other better through these pictures. (Page 72)

World of Girls Sample Session 7 & 8:
Ads Among Us: This activity gets girls thinking about the stories—both real and fictional—that ads tell about girls. Then they create their own ads telling their own stories! Pages (80-81)

We Are Like This: Girls check in with how they are feeling personally and as a group with this short activity that asks girl to pretend to take a snap-shot of how they are right now. (Page 84)

For even more Body Confidence Boosting Fun Visit girlscouts.org/freebeingme:

- Explore the full Free Being Me curriculum.
- Play the online Free Being Me Teaser Activity – Flawless! with girls so that they can discover how they can define beauty for themselves. Girls can also download the activity to play with family or friends.
- PSA contest brought to you by Dove coming Spring 2014! Encourage girls to Take Action on themes of beauty and body confidence by developing a PSA and sharing their messages.

Want to get older girls involved? Consider badge and award work that encourages them to be mentors!

- Junior Aide
- Leader in Action (LiA)
- Program Aide (PA)
- Volunteer-in-Training (VIT)
- Counselor in Training (CIT) I & II

Questions on *Free Being Me* and how best to use it with your Girl Scouts? Contact Mona Lipson at *MLipson@girlscouts.org*.

girl scouts

Empowering girls through improving body confidence and self-esteem

Dove & the World Association of Girl Guides and Girl Scouts

free being me

Activities for 7–10 year olds

Free Being Me for 7-10 year olds

About *Free Being Me*

Written especially for 7-10 year olds, this educational programme engages participants around the world in exploring ideas about body confidence and beauty that will affect them as they grow up. *Free Being Me* shows participants that there isn't just one way to be beautiful, and that what's inside them matters the most.

In the 7-10 programme, *Free Being Me* introduces the idea that society promotes a narrow and unrealistic definition of beauty then helps participants to uncover the real story; they can choose to reject this idea because there is no such thing as one way everyone should look, and how people look is just one aspect of who they are. This empowers participants to challenge the idea that there is only one way to be beautiful, building their resilience and capacity to question and reject the limiting messages about beauty they will encounter growing up.

Free Being Me uses positive and affirming activities to nurture body confidence and self-esteem. It creates spaces where participants can come up with their own ideas, practise being more confident about themselves, and share their opinions with their friends. This supports participants to express their own identity and connect with the world around them. Finally, *Free Being Me* challenges participants to take the lead by taking action in their community, sharing what they have learned with their peers.

7-10 year olds will learn

- What's inside us matters most.
- There's not just one way to look beautiful.
- There is a huge diversity of beauty ideals around the world.
- The media uses a narrow idea of beauty to sell things to us.
- Images of beauty in the media often don't show people as they really are.
- Learning to value ourselves and our abilities builds body confidence.
- Sharing body confidence messages with friends can make us and our communities feel more empowered.

Using *Free Being Me*

Before you begin, please read the Leader Guide, and ask all other leaders and volunteers to read it too. Page 10 of the Leader Guide shows how the activity pages in this pack are set up to support you as you lead, including 'support prompts' and tips for the leader.

As *Free Being Me* is a global programme, millions of Girl Guides and Girl Scouts around the world will be taking part in the same activities as your group. By sharing the messages your group creates during *Free Being Me*, you can be part of a global body confidence revolution, mobilising millions of young voices to speak up for diversity and challenge the idea that there's only one way to look beautiful.

Visit **www.free-being-me.com** to share your group's story, and connect with other *Free Being Me* groups from across the globe!

Children who have taken part in the Free Being Me activities and done a Take Action project that reaches two others should receive a Free Being Me badge. Giving these badges is a great reward for the participants, and helps the World Association count out how many have taken part in the activities worldwide.

Before you start: Secret friends and treasure boxes

Consider using the ideas below to make your group's *Free Being Me* experience even more fun and meaningful. You don't have to do these to earn a badge, but they are great to do before or during *Free Being Me*. You can find out how to earn the badge on page 7 of the Leader Guide.

Free Being Me wall	Set up a *Free Being Me* wall at the start of the programme. This is a place to collect positive statements, inspiring pictures and great ideas to help participants feel empowered to be themselves. Some of these will develop during the programme. Encourage participants to look for inspiration at home and bring it in. At the end, use the wall to help plan the group Take Action project. Share a picture of your wall on **www.free-being-me.com**
Secret friend	At random, participants are each given a secret friend from the group. During the programme, participants find clever ways to make their secret friend feel good about themselves, without giving away who they are. Make sure everyone understands the secret friends should not focus on appearance.
Treasure inside me boxes	Before beginning *Free Being Me*, participants create treasure boxes using arts and crafts materials. During the programme, every participant comes up with a positive message to add anonymously to other participants' treasure boxes, showing that what is inside you matters most. By the end of the programme each participant has a collection of positive messages.
Movie night	Before beginning *Free Being Me*, spend an evening with your group watching an age-appropriate film that your participants can identify with, that shows a female character being true to herself, for example, Brave – the 2012 Disney/Pixar film. For this film, you could discuss how Merida was expected to be, and what she did to be stay true to herself.
Caring friend necklace (from the Thousand Islands)	Create a necklace for each leader with five beads on it; one for each of the words "I am loving and caring." Leaders wear the necklaces during *Free Being Me*. When they see a participant do something thoughtful and considerate for another participant, they quietly take off the necklace and put it round their neck. The participant then looks out for a chance to pass the necklace on to someone else who has been loving and caring. Explain what the necklaces mean in advance.

Free Being Me Session One

Around the world, people are valued for many different reasons and beauty is defined in many different ways. So why does our society promote a narrow look as the only way to be beautiful? Participants will find out how to spot the look promoted in society, and experience alternatives from around the world and their own community. This session prepares participants to challenge the idea that everyone should try to look a certain way and encourages them to recognise their strengths that aren't tied up with appearance.

Session map

ACTIVITY	TIME	YOU WILL NEED	SKILLS
Welcome to *Free Being Me* - Take Part Pledge - Agree Group Guidelines	15 mins	Paper to write guidelines.	Negotiation teamwork.
Pot of Gold	10 mins	Yellow or gold paper circles, pens, container.	Self-confidence, sharing.
The Princess List	15 mins	Pens and paper, sheet 1.1.	Analytical skills Visualisation.
Beauty Around the World	10 mins	Sheet 1.2.	Cultural awareness.
Free Being Me Gallery	10 mins	Pens and paper.	Creativity.
Personal Challenge: Real Role Models	5 mins	Sheet 1.3.	Reflective thinking.

Session one

Welcome to *Free Being Me*

02 min

Introduce *Free Being Me* to your group.

Explain that

- For the next five sessions we're going to try some activities to learn how we can feel more confident about the way we look. Feeling proud and happy about the way you look is called body confidence.
- *Free Being Me* is all about you. You will be coming up with your own ideas about how to help other people be body confident.
- Girl Guides and Girl Scouts all around the world are taking part in *Free Being Me*. Everybody will be sharing the messages they learn with others to start a body confidence revolution - if all the Girl Guides and Girl Scouts in the world took part, that would be 10 million voices changing the world!
- By completing the activities and taking action to share our messages we'll earn the *Free Being Me* badge.

Free Being Me badge

Welcome

Session one

Take Part Pledge ★

15 min

Outcome

Every participant agrees out loud to actively take part and have fun in this session of *Free Being Me*, helping them to contribute more openly to the activities and leading to a bigger impact on their body confidence.

At a glance

as a whole group, lead the participants to share their excitement about taking part in *Free Being Me*.

You will need

No materials needed.

What to do

Bring the group together into a circle. Thank everyone for attending and ask them to shout their enthusiasm and willingness to participate in the first session of *Free Being Me*.

"Are you ready to take part and speak out in the first session of Free Being Me, *and have fun along the way?*

If so, shout

Tips:

- Remember that the support prompts (the sentences in italics) are there to help you deliver the key messages in a really effective way. It's ok to paraphrase these as long as the message stays the same.
- Encourage every participant to take part in the pledge; see the leader guide page 9 to learn more.
- To make this more fun, you could ask everyone to do an action when they shout "YES I AM". For example, try asking everyone to jump up or into the circle all at the same time, high five the person nearest them or try a 'Mexican Wave' where each person raises their hands one after the other. As the Take Part Pledge opens every *Free Being Me* session, you could try a different action each time.

Session one

Group Guidelines

10 min

Before you begin, set up some group guidelines to help everyone feel comfortable and able to trust those around them. Ask the group, including the leaders, to suggest and agree the rules together. Once everyone is happy with the guidelines, write them up and display them in your meeting place.

Here are some examples

- We will do our best to actively take part and contribute.
- We will listen to other people.
- We will listen to the leaders.
- We will be kind to one another at all times.
- We will respect the opinions of others.
- We will ask a leader for help if something is worrying us.

Tips:

- This is a great chance for participants to practice their leadership skills by negotiating with each other. Encourage everyone to participate in the conversation.
- Remind the group about the guidelines at the beginning of each *Free Being Me* session.
- If you already have group guidelines you want to use, take the time to discuss them with the group to see if anything needs updating or adding. If you don't have group guidelines, they can be a helpful tool during other Girl Guide and Girl Scout programmes too.

Session one

Pot of Gold – a game from Ireland

10 min

Outcome

participants learn that everyone is special for different reasons, and what's inside them matters most.

At a glance

Each participant shares something special about themselves and fills the group's 'pot of gold' with their inner treasure.

You will need

circle of gold/yellow paper per participant, pencils, container to represent the pot of gold.

What to do

Settle the group comfortably in a circle, with leaders dotted amongst the participants.

In Ireland, there is a well-known legend about the leprechaun (a mischievous Irish fairy). He had lots of treasure that he kept locked inside an old pot, hidden at the end of the rainbow.

We are all special, a bit like the leprechaun's treasure. Except, what makes us really special comes from inside us. We can be kind and brave, loving and clever. Sometimes, we keep what is special about us hidden deep inside. Let's try to share it with each other!

Everyone takes a piece of gold paper. They should write their name on one side of the paper, and on the other side they should write something they think is special about themselves.

- Something they're good at, such as climbing, painting, or science.
- Character qualities, such as being patient or curious, helpful or adventurous.

Leaders may need to help younger participants individually to understand what to write.

Collect the pieces of gold in the pot and shake them up.

Each participant picks out a piece of gold, reads out both sides of the coin, and gives it back to its writer, sharing a hug or high five.

Once everyone has their gold back, ask everyone to shout out all together, "We are all amazing!"

We are all special for different reasons, and our differences only make us more special. Keep your treasure safe to remind you of one of the reasons you are so special.

Tip:

- This is the first time your group will share together and some participants may feel shy. Help everyone to join in and create a warm, supportive atmosphere.

Session one

The Princess List ★

10 min

Outcome

Participants understand that there is a narrow definition of beauty presented in their society.

At a glance

In small groups, participants draw a popular princess character and identify the common features to help them recognise the narrow view of beauty that is often promoted in their society.

You will need

Drawing materials, one large sheet of paper for each small group plus one extra, sheet 1.1.

What to do

Note for leaders: In this activity, the image of a popular fairy tale princess is used to help participants identify the limited, narrow definition of beauty promoted in their society. Because younger participants may have experienced less media exposure, the activity focuses generally on the idea that girls are told they need to look a certain way to be beautiful, and that this idea isn't true. It intentionally doesn't explore the concept in depth or spend too long breaking down the features of the 'perfect-looking' girl.

Organize participants into small groups of mixed ages. Give each group a large piece of paper and drawing materials.

Ask each group to choose a popular fairy-tale princess character they all know, and spend five minutes drawing a picture to show what their character looks like. Encourage group members to discuss the character's specific appearance features (e.g. long hair, blue eyes) as they draw. Focus on what the character looks like, rather than what she is wearing.

Bring the groups into one circle and put all the drawings in the middle.

On another sheet of paper, write at the top the 'perfect-looking' princess?'

Look at all these great drawings! Do you think the princesses share similar features in the way they look? Let's see how many ways they look alike that we can spot.

If the group gets stuck, help them with questions eg: "are they tall or short?" "What does her body look like?"

When the group has finished creating the list, read the features back to them.

So the 'perfect-looking' princess has...

(read out all the features on the list).

Talk through the following questions, encouraging participants to shout out their answers:

The Princess* List (continued) ★

10 min

Ask afterwards

? Isn't it strange how similar all these princesses look? (Yes!)

? Can you think of other places we see this princess look? (Media, TV, toys, celebrities etc)

? In real life, do lots of girls have all these features?" (No)

Sometimes it feels like the world around us is telling us there's only one way to look beautiful, and we should all try to match that look. The way princesses are shown to us in films and on the television is one way we get sent the message that girls and women should look a certain way.

? So do you think there's really only one way to be beautiful? (No)

You're right. Actually, we often get told the story that there's only one way to be beautiful. The list you wrote describes the look that's shown a lot in our society. But it's not true – there are lots of ways to be beautiful. There's no such thing as a perfect look!

Cross out the words 'the perfect-looking princess' that you wrote at the top of your list.

We know there can't be just one way to look beautiful, because even in this group we all look different and that's even truer if you travel around the world. So let's explore some of the many different ways people can be seen as beautiful around the world.

! At the end of this activity, take the princess pictures away. They represent the unrealistic look expected by society so should not be displayed out of the context of this activity.

Tips:

- If your groups are struggling with their drawings, share out the pictures on Sheet 1.1 to help them.
- While groups are creating their drawings, help them with questions, so they come up with the features they want to show in their drawing e.g., "How tall is she?" or "How big are her eyes?" "What shape is her body?" Encourage them to label these features if they want to.
- When creating the shared list, encourage the group to focus on physical features and use questions to help them be specific about what they are spotting e.g., "Their eyes look similar"... "In what way? Are their eyes big or small?"

Session one

Beauty Around the World ★

10 min

Outcome

Participants encounter different ideas about beauty from around the world and over history and recognise that there's more than one way to look beautiful.

What to do

Explain to the group that they will play a game to discover how ideas about beauty that come from society are different around the world and have changed over time.

- Mark one side of the meeting space with the 'true' sign, and the other side with the 'false' sign.
- Gather players in the middle and tell them to "freeze" – stand completely still.
- Read out your favourite facts (the part in bold) from sheet 1.2. Players should listen to the whole statement without moving and decide individually whether they think the statement is true or false.
- Give a few seconds for players to make a decision in their heads then shout "GO!"
- Players should run to the sign they have chosen and freeze again.
- Once everyone has chosen a sign, read out the information under the fact.
- Bring the players back to the middle and start again.
- Remind them not to follow what other people do – they should decide for themselves! If you think your group might find this hard, you could ask everyone to close their eyes so they can't see each other, and step forwards for 'true' or backwards for 'false'.

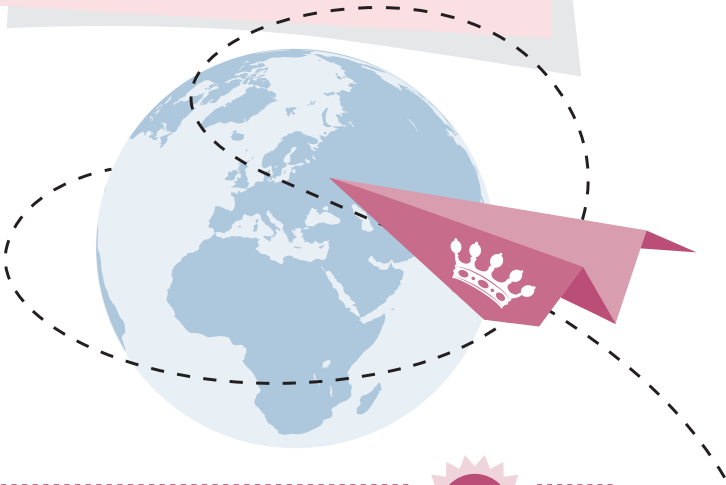
In reality, all the facts are true – but keep this a secret!

At a glance

Play an active true or false game to learn how different cultures around the world and through history have defined beauty.

You will need

Beauty Around the World Facts sheet 1.2, signs saying 'true' and 'false'.



Question

? Were you surprised that all the statements are true? Which were the most surprising?

We've just found out that societies around the world in the past and the present have had lots of different ideas about what is beautiful.

Think back to the list we put together about how princesses are shown in movies and on television. Can we really believe that list is telling us the truth – that it's the only way to look beautiful, when beauty is seen so differently around the world?

What do you think?

(encourage participants to shout "NO!")

Session one

Free Being Me Gallery ★

10 min

Outcome

Participants celebrate a more rounded way of seeing people by sharing what makes them unique, and celebrating what their bodies can do.

We've learnt that, in different countries, the message about how people should look is different. So we can see that there isn't only one way to look beautiful.

Now let's celebrate how unique we all are – it's not just about how we look! It's what's on the inside that matters most. There are lots of different ways we're all fantastic!

Give out paper and drawing materials.

Explain to the group that they are going to spend five minutes creating a picture of themselves doing something they love. The picture should show them doing something they love using their bodies, such as their favourite game or sport, making things, hugging their friends, etc.

When they have created their drawings, help them to write a positive message on the picture, showing:

- What they are doing.
- What is special about their body because it enables them to do something.

For example:
"I am riding my bike. I love how strong my legs are because I can ride my bike really fast."
"I am playing with my sister. I love my arms because they let me hug her, showing that I'm a kind person."

Ask each child to show their picture to the group and read the positive message they've written about their bodies out loud. Pin the pictures up in the meeting place with a title like 'Amazing Me'.

At a glance

Create an alternative gallery of inspiring images that encourage participants to celebrate their unique identity.

You will need

drawing materials and one piece of paper per child.

Thank everyone for sharing their pictures and organize the group into pairs.

If there are so many different ways that we can be special, and so many amazing things that our bodies let us do, there can't be just one way everyone should look! This is a great message to share with other people, so they can feel more confident to be themselves. Practice that now by turning to a friend and telling them that there isn't just one way to be beautiful, and what's inside matters most.

Leave the gallery on display throughout *Free Being Me* if possible.

Tip:

- Try creating a 'living gallery' instead. Give participants a few minutes to think of their action using mime, and to come up with their positive message. Once everyone has worked out their mime, form a circle. Tap a participant on the shoulder to invite them to perform their mime, giving others a chance to guess what they are doing. After a few guesses, participants explain their action and share their positive message.

Session one

Personal Challenge: Real Role Models

05 min

Outcome

Participants learn that how people look is only one part of their identity, and that other aspects count just as much when forming friendships or being inspired by role models.

At a glance

Participants choose a picture of an inspiring role model who they know in real life, such as a friend or family member. They share their role model with the group in the next session.

You will need

Real Role Models sheet 1.3.

What to do

Ask participants to think of someone they know in real life, such as a friend or family member, who they really like and find inspiring. Ask them to:

- Bring a photo or drawing of this person to the next session.
- Think of one reason why they really like this person and write it down with the photo/drawing.

Remind participants that they should be choosing role models they like because of who they are and what they do, not what they look like.

Tips:

- As this is the first Personal Challenge, this is a good opportunity to remind parents about *Free Being Me* and how they can help their children complete the programme. Don't forget to share the parent letter on page 21 of the Leader Guide.
- Remind parents that their child should be choosing a role model because of who they are and what they do, and not to base their decision on the way the person looks.

Free Being Me
Session Two

Feeling that there is only one way to look beautiful, and worrying about trying to match this look, puts a lot of pressure on us; and that makes it harder for us to reach our potential and enjoy life to the fullest. This session helps Girl Guides and Girl Scouts understand this pressure, and experience some ways they can build their resilience and champion the idea that diversity is beautiful and appearance isn't everything.

Session map

ACTIVITY	TIME	YOU WILL NEED	SKILLS
Welcome	5 mins	No materials required.	
Pelele	10 mins	Blanket and soft toy/ball per group.	Teamwork, coordination.
Personal Challenge Sharing: Role Model Wall	10 mins	Completed role model template, empty wall space, pins/tape/blu-tack.	Speaking out, supporting others.
Once Upon a Time	15 mins	Sheet 2.1, pens and paper, dice, large piece of paper per group of eight, glue.	Listening, empathy, creativity, teamwork.
A Happy Ending	15 mins	Pictures of Gilly from previous activity, pens and paper, dice.	Teamwork, creativity.
Personal Challenge: I Like Me Fortune Teller	5 mins	Sheet 2.2.	Reflection, self-confidence.

Welcome to Session Two

Take Part Pledge ★

05 min

Bring the group together.

In this session we're going to learn more about what can happen if people try too hard to change their appearance to match the princess look we talked about in the last session. Thinking there's only one way to be beautiful can make people unhappy. We're going to practice helping others to appreciate their good qualities and enjoy life without getting caught up in trying to look a certain way.

At a glance

as a whole group, lead the participants to share their excitement about taking part in *Free Being Me*.

You will need

No materials needed.

Outcome

Every participant agrees out loud to actively take part and have fun in this session of *Free Being Me*. This verbal commitment helps participants to contribute more openly, resulting in a bigger impact on their body confidence.

What to do

Bring the group together into a circle. Thank everyone for attending and ask them to shout their enthusiasm and willingness to participate in the first session of *Free Being Me*.

"Are you ready to join in with all the activities, make yourself heard and have a great time in this session of Free Being Me*?*

Shout

Session two

Pelele – a game from Spain

10 min

Outcome

Participants experience that it's fun to celebrate their friends' good qualities and to recognise their own.

What to do

- Get into groups with a blanket/sheet/parachute and enough space for everyone to hold the edge. Put a teddy or soft doll (this is Pelele!) in the middle of each blanket.

- Explain that this game is played by children in Spain at the beginning of spring.

Learn this simple chant:
Pelele, Pelele, we like you,
We like you just the way you are,
Pelele, Pelele, we like you,
And we like (name) too!

(Pelele is pronounced 'Pe-lel-ay')

Chant the verse and use the blanket to toss Pelele high in the air. In the last line, say the name of one person in the group, and stop moving the blanket.
The person named then repeats their name, and says something they like their skills or personality.

For example, if the last line is "and we like Ava too", Ava says "I'm Ava, and I'm good at swimming".
Ava then lets go of the blanket, runs clockwise around the circle behind the other participants, and back to her place, taking hold of the blanket again.

Now here's the fun part; everyone else who thinks they're good at swimming should copy Ava, and run around the circle at the same time!
Once everyone is holding the blanket again, repeat the chant but replace Ava's name with the person on her left.

Encourage each participant to say something they like about themselves that hasn't already been said, and encourage other participants to join in with running.

At a glance

Play an adaptation of a traditional Spanish game to encourage thinking positively about yourself and others.

You will need

Blanket and soft toy/ball per group.

It's good to be proud of who you are, and what you're good at! Don't be afraid to run, and encourage your friends to run too!

Repeat until everyone has been named in the chant.

Questions

- How did it feel to say something nice about yourself?
- Was it easy to decide whether to run around the circle or not?
- Is it more common to compliment people on their looks, or on what's inside them?

Tips:

- Encourage participants to help each other think of compliments, and give them time to do so before starting the song again.
- Show your understanding that complimenting yourself can be a challenge, but make it clear that it is a good thing to do. You can explain that by the end of *Free Being Me*, participants will find it easier to compliment themselves.

Share: Role Model Personal Challenge ★

10 min

Outcome

By sharing their role models, participants recognise that appearance isn't an important factor in forming friendships or valuing others.

What to do

Gather participants around a wall space where you can display their pictures.

Invite participants to take turns:

- Showing their role model photo/drawing.
- Reading out the statements they completed under the picture.
- Pinning their role model on the wall.

When everyone has shared their role model, thank the group for their contributions.

At a glance

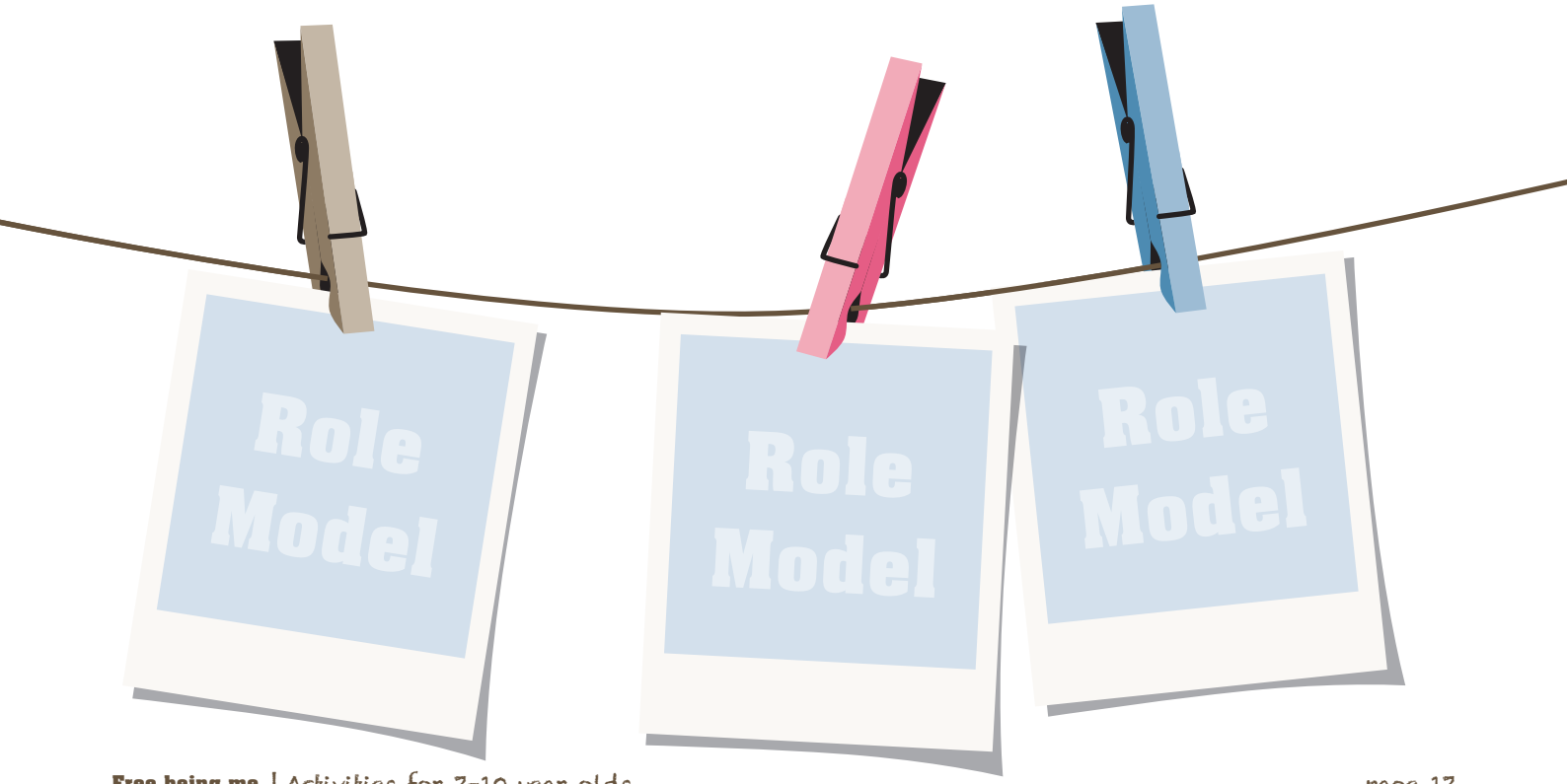
Participants create a shared display of inspiring role models and share why they chose their role model.

You will need

Completed role model templates, empty wall space, pins/tape/blu-tack.

Questions

- So what is most important to us when choosing our friends? (Their personalities).
- Is it good to like people because of how they look? (No).



Session two

Once Upon A Time ★

15 min

Outcome

Participants realise the downsides of trying to look the way society tells them to.

What to do

Listen to the story and find out about the two characters

- **Read the story (5 mins).** Ask everyone to sit comfortably and quietly for a story. Read out the story to the group. You could make this more interactive by asking participants to help read sections of the story or use actions during the story, like Gilly brushing her fur or Millie dive-bombing into the water.
- **Draw the characters (5 mins).** Now hand out paper and pens, and ask participants in pairs to draw the two main characters, Millie the mouse and Gilly the mouse.
- **Discuss the characters (5 mins).** Ask the pairs to come together into groups of around eight. Each group should have a leader with them.

Put the Millie pictures out on the floor.
Can you all tell me one thing about Millie's character; what she's like or what she likes to do?
Ask each participant in turn to say something to help build up a picture of Millie's character.

Put the Gilly pictures out on the floor.
Can you all tell me one thing about Gilly's character, what she's like or what she likes to do?
Ask each participant in turn to help build up a picture of Gilly's character.

Talk about:
Staying in small groups, discuss:

At a glance

Share a story that demonstrates the value of not focusing too much on appearance.

You will need

Sheet 2.1, paper and colouring pencils/pens, dice, large piece of paper per group of eight and glue.

Questions

- In the story, what did Gilly miss out on because she was worried about the way she looked?
- Why does Gilly try so hard to change the way she looks?
- How do you think this makes Gilly feel?
- What do you think the story is trying to tell us?
- Does hearing about Gilly and Millie make you think differently about how you see yourself?

You should have reached the stage where participants understand:

- The differences between the characters.
- That Gilly feels under pressure because of what she sees in the media.
- That feeling she has to look a certain way doesn't make Gilly happy, and has a lot of downsides. E.g: Gilly doesn't join in, has to work hard and spend a long time getting ready, can't spend time with friends, doesn't get to do fun things, wishes she's something she's not, misses out on how beautiful she is already, has a strained relationship with her parents and is constantly worrying.

Session two

A happy ending ★

15 min

Outcome

Participants learn a different way to be positive about their appearance, by recognising the value of what they can do with their bodies.

At a glance

Help Gilly celebrate who she is by showing her all the great things she can do with her body

You will need

Pictures of Gilly from previous activity, paper, dice, pencil and coloured pencils/pens.

What to do

In groups of four, choose one of the pictures of Gilly that the participants drew earlier, and stick it onto a larger piece of paper. Ask each group to write a number next to the matching part of Gilly:

1. ears
2. nose
3. tail
4. fur
5. eyes
6. paws

We're going to help Millie show Gilly that what she looks like isn't the only important thing about her. For example, in the story, Gilly worries about her whiskers being straight. Millie could say that Gilly's whiskers are great just as they are, because they help her find her way through the woods.

Let's come up with some good examples of what Gilly can do with her body, instead of what it looks like.

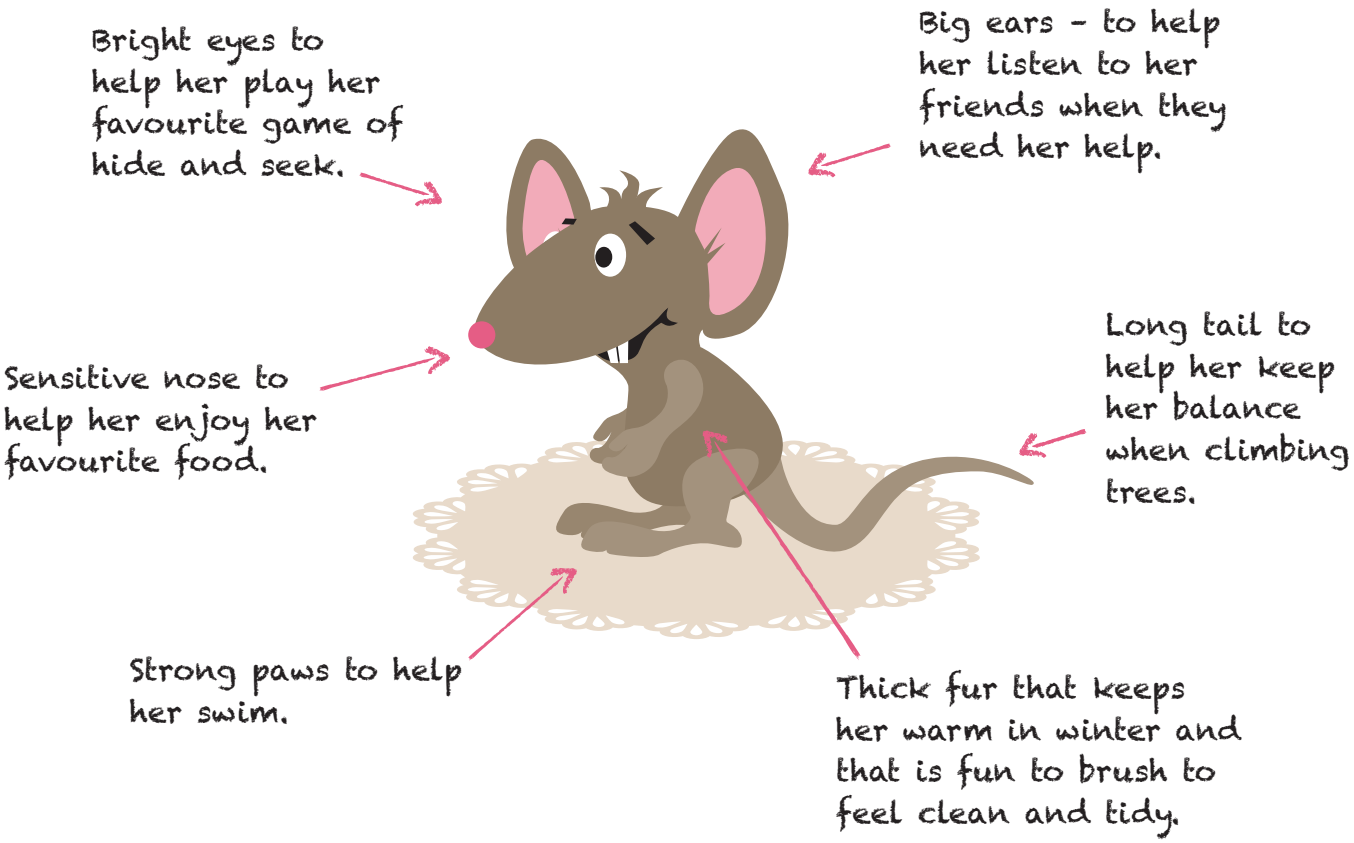
Participants take turns rolling the dice and come up with something great about the part of Gilly that matches the number on the dice.

Try to focus on what Gilly can do because of this part of her body. If a number comes up more than once, just roll again. The first group to roll all six numbers wins.

A happy Ending
(continued) ★

15 min

You can use the example below for ideas, but encourage participants to come up with their own:



Give each group a chance to share their new Gilly.

We know that there's no such thing as one way to look beautiful. Perhaps Gilly needs to understand that too. So what else would you like to say to Gilly? Turn to a friend and take it in turns to pretend you are talking to Gilly. Tell her something you've learned to help her stop worrying about how she looks.

If you have time, repeat this game but get participants to draw a quick person outline on the back of the paper.

Participants take it in turns to roll the dice. This time, when a new number comes up, the participant gets to choose a part of her body she likes because it's useful.

Write the number next to the matching part of the person outline. From then on, every time someone rolls that number, they share something great they can do because of that part of their body. Repeat until all the numbers have been written on the person outline.

Tip:

- Even though participants take it in turns to roll the dice, encourage everyone to help come up with ideas of what Gilly can do with her body.

Personal Challenge: I like me fortune teller ★

05 min

Outcome

Participants apply their learning by recognising their own positive qualities, boosting their confidence.

What to do

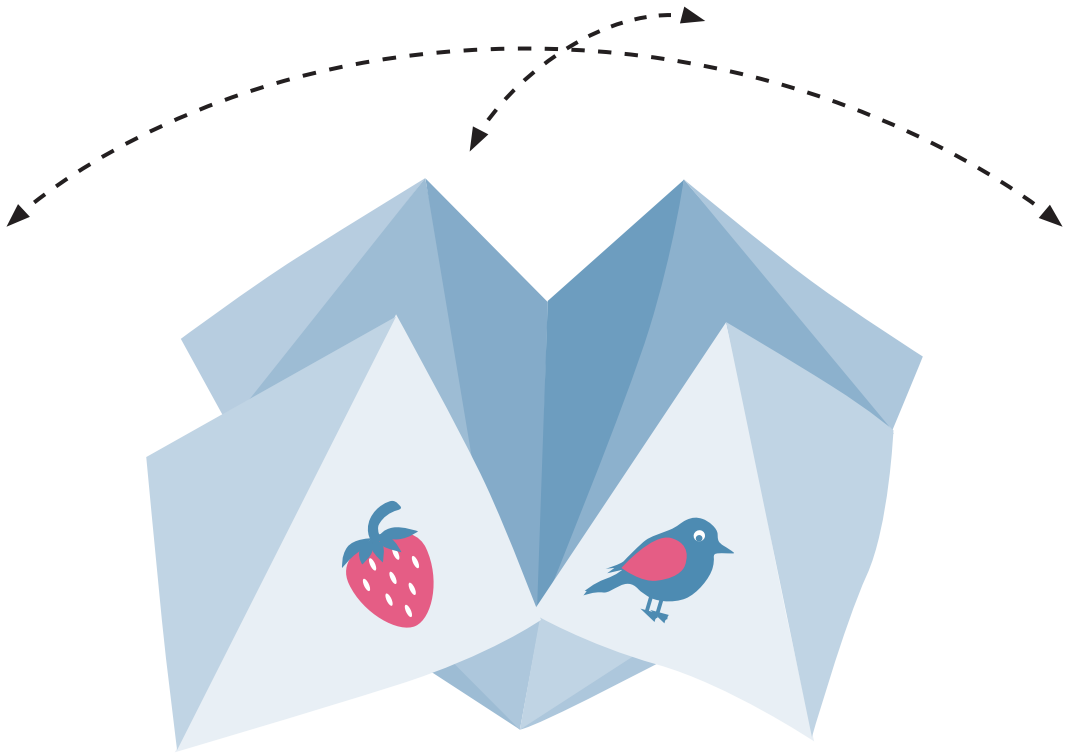
Give each participant a fortune teller template. Explain that before the next session they should create their fortune teller by following the instructions on sheet 2.2.

At a glance

Create a fortune teller that supports participants to identify what they like about themselves, and speak out about it.

You will need

Sheet 2.2.



Free Being Me
Session Three

One of the biggest ways we are exposed to a limited definition of beauty is through the media. This session explores the ways the media limits the diversity of beauty images we see and promotes a definition of beauty that is impossible for people to achieve. Participants then take a stand by creating and sharing a more empowering way of talking about beauty in the media.

Session map

ACTIVITY	TIME	YOU WILL NEED	SKILLS
Welcome	5 mins	No materials required.	
Personal Challenge sharing: Fortune Teller	10 mins	Fortune tellers created in personal challenge.	Sharing, speaking out.
Airbrushing Spot the Difference	10 mins	Pens and paper, sheet 3.1.	Attention to detail, critical thinking.
Change the Media	25 mins	Pens and paper, props and art materials.	Creativity, teamwork, performing.
Personal Challenge: You're my Star	10 mins	Star-shaped paper or card, decorative craft materials e.g. coloured card, pens and pencils, glue.	Creative thinking, speaking out.

Welcome to Session Three

Take Part Pledge ★

05 min

Bring the group together.

In this session of Free Being Me, *we're going to learn about the messages the media send to make people feel there's only one way to be beautiful. Because we know that's not true, we're going to speak out against it by making our own media and show people around the world that it's good to be unique.*

At a glance

As a whole group, lead the participants to share their excitement about taking part in *Free Being Me*.

You will need

No materials needed.

Outcome

Every participant agrees out loud to actively take part and have fun in this session of *Free Being Me*. This verbal commitment helps participants to contribute more openly, resulting in a bigger impact on their body confidence.

What to do

Bring the group together into a circle. Thank everyone for attending and ask them to shout their enthusiasm and willingness to participate in the first session of *Free Being Me*.

"Are you ready to get active, join in and share your ideas during this session of Free Being Me*?*

Shout

Personal Challenge Sharing: Fortune Teller ★

10 min

Outcome

Participants increase their confidence by practising saying positive things about themselves in front of other people.

What to do

Explain to participants that they are going to use their fortune tellers to discover some of their friends' great qualities and have the chance to share their own.

Check everyone has their fortune teller, and show them how to fold it correctly – use the instructions below to help.

Ask participants to find a partner.

Sometimes it's hard to say the things we like about ourselves out loud, so we're going to get some practice. Saying things we like about ourselves makes us feel good, so we should do it as much as we can!

Check everyone understands how to use the fortune teller (most participants probably know already!).

- One person picks a number
- Their friend opens and closes the fortune teller that many times, alternating the direction they open it in.
- Once they've done this, the first person chooses a number.
- Their friend opens the flap matching the number, and reads out their "I like my..." sentence.

Do this twice, then swap to the other person.

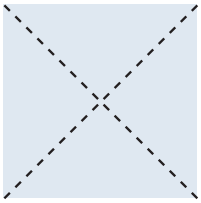
Once both participants have shared two things, ask the pairs to swap around so everyone has a go with a new partner. Continue until the time is up!

At a glance

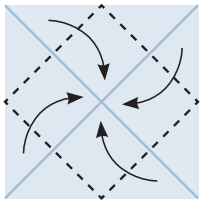
Using the fortune teller tool created as a Personal Challenge, participants play the game with as many of their friends as possible in five minutes.

You will need

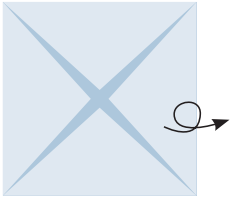
Fortune tellers from Personal Challenge.



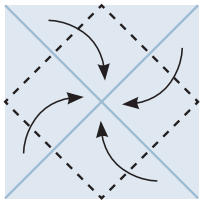
1. With the pictures face down, fold on both diagonals. Unfold



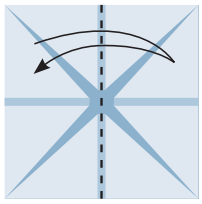
2. Fold all four corners to centre



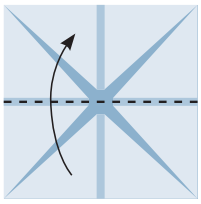
3. Turn paper over



4. Again, fold all four corners to centre

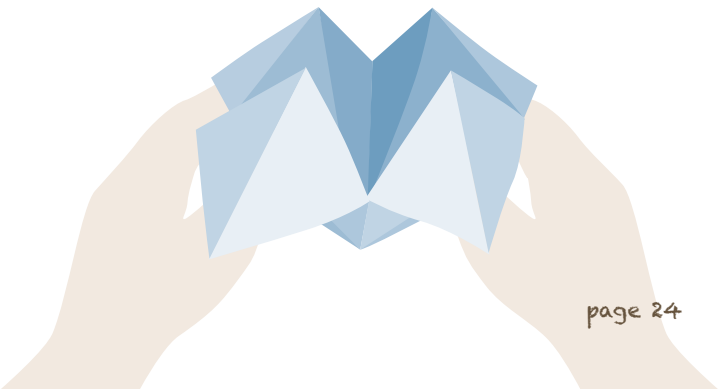


5. Fold paper in half and unfold



6. Fold in half from top to bottom. Do not unfold

7. Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play



Session three

Airbrushing Spot the Difference ★

10 min

Outcome

Participants see that pictures in the media aren't always true, as they have often been changed using airbrushing.

What to do

Remember the 'perfect-looking' princess list we created in our first Free Being Me *session? The problem is, if girls don't look like the fairy tale princess they might feel left out, and feel bad about themselves. By having one look that gets put forward as being beautiful, it leaves everyone feeling left out because nobody really looks exactly like fairy tale princesses in real life.*

Did you know that even celebrities, film stars and real life princesses don't always actually look like the pictures you see of them? This is because of computer airbrushing. Does anyone know what airbrushing is?

Discuss with participants until everyone understands the concept of airbrushing and digitally altering images. This is when images of people, often celebrities or models, are changed using a computer, to look more like society's idea of a 'perfect' look. This isn't what they look like in reality!

Working in small groups, give each group a copy of the airbrushing sheet. Ask them to spot the differences between the 'before' and 'after' images, and mark them on the sheet.

When everyone has finished, read out the answers so groups can see how many changes they spotted.

At a glance

Compare pictures before and after airbrushing to spot as many differences as possible.

You will need

Airbrushing Spot the Difference sheet 3.1 pencils.

Talk about

- Was it easy to spot all the differences?
- If you had only seen the 'after picture, do you think you would've realised it had been airbrushed?
- If even celebrities and film stars get airbrushed, do you think it's possible for anyone in real life to naturally look like these pictures?
- Do you think it's fair that we don't get to see pictures showing people as they really are?
- What would you say to a friend to tell them why they shouldn't bother comparing themselves to airbrushed photos in magazines and on TV?

Session three

Change the Media ★

30 min

Outcome

Outcome: Participants challenge the media message that there's only one way to look beautiful by creating their own media piece, sending a positive story to help others be body confident.

You have been given the chance to take over the media – like the TV or a magazine – to share one quick message with the world to inspire people to feel confident about who they are, and what they look like. Let's prove the media wrong, and show that there isn't just one way to look beautiful!

The task is to create a mock media story that participants can share in three minutes. It can be in any form, but should give one of the messages participants have learned from *Free Being Me*.

At a glance

Participants imagine they have three minutes to take over the media, and create the message they would share with the world.

You will need

Drawing materials and role play props depending on participant choices.

1) What do you want to say?

Before groups start developing their story, ask them to agree the key message they want to give, and write it down.

For example (key message shown as part of a headline):

"Breaking news – **there isn't only one way to be beautiful!** Reports from around the world prove **there are many different ways to look good."**

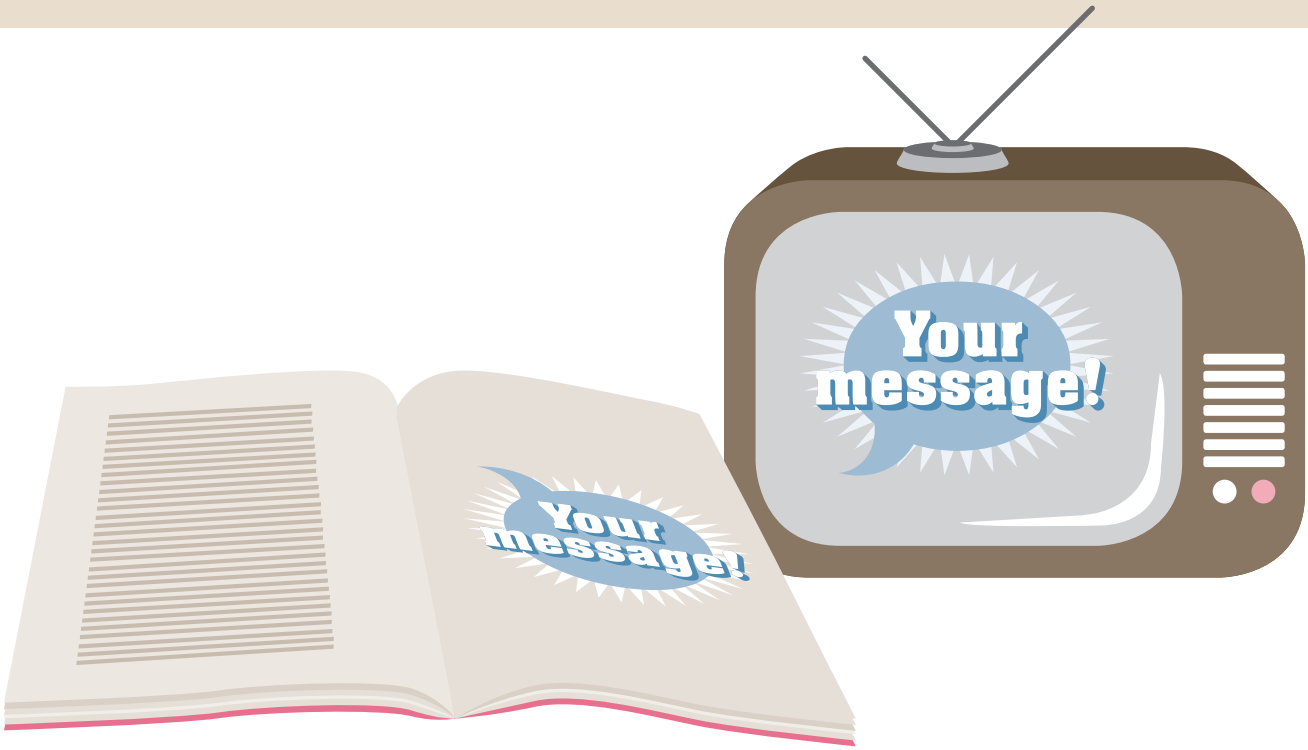
"Free to be me – an interview with an Olympic athlete who tells us why **what her body can do matters more than what it looks like."**

"Looking good, MY way. A new magazine is launched to **celebrate feeling good about who you really are, instead of comparing yourself to the media."**

"New number one hit inspires girls to **shout about how great they are, on the inside!"**

Change the Media
(continued) ★

30 min



2) How do you want to say it?

Groups can choose any type of media they want, such as:

- News story
- Magazine front cover
- Music video
- Advertisement
- Radio jingle
- Interview
- Cartoon

Give groups about 20 minutes to prepare, and give enough time for everyone to perform or share their media piece in front of a group.

Thank the groups for their hard work.

Talk about

- Did you enjoy seeing everyone's media moments?
- Would it be good if messages like these were sent by the media in real life?
- What was your favourite body confidence message?

Tips:

- This activity works best when groups have a really clear understanding of what they want to say. Help each group develop their key message before they start creating their media piece.
- Encourage everyone to join in, and as many participants as possible get the chance to speak out during the activity.

Personal Challenge: You're my Star ★

10 min

Outcome

Participants share positive messages with others that express what they have learned so far in *Free Being Me*.

What to do

Ask participants to get into pairs.

We've seen that the media spends a lot of time telling people there is only one way to be beautiful, and that looks matter more than anything else. We know that's not true, so we're going to keep speaking out to share a different message. Let's tell the people we know that there's not just one way to be beautiful, and looks aren't the only thing that matter. Let's encourage everyone to appreciate themselves without worrying about trying to look the way the media tells them to.

Give each participant a star-shaped card, and help them to write down a positive message that they would like to share with others, encouraging them to celebrate who they are and challenging the idea that everyone should try to look a certain way.

Here are some ideas:
You are a star just as you are.
You are much more than what you look like.
You are beautiful!
Be proud of your body, it is amazing!

This is a quiet exercise, but participants should feel comfortable to talk to their partner to help decide what they want to say.

Encourage everyone to take time to decorate their star.

Before ending the session take a group photo with everyone holding up their stars (or photograph the stars alone, if you don't have the appropriate permissions to photograph your group members.)

At a glance

Create star-shaped cards with positive messages that participants can display for others to see between this session and the next.

You will need

Star-shaped pieces of paper or card, decorative craft materials e.g. coloured card, pens and pencils, glue.

Why not share your photo on **www.free-being-me.com**?

Now, challenge participants to put their star on display somewhere other people will see it. This could be at home (either inside or outside), on a display board at school or a local community centre, as a photo on their blog or social media page, or any other creative place. Encourage participants to display their star where they think the most people will see it!

As an extra challenge, ask the participants to try and say the phrase to different people as many times as they can before the next session.

Tips:

- If some participants in your group might find this hard, pair them up with an older or more confident participant and encourage them to help each other.
- Make sure participants understand they need to ask permission if they want to display their star in a public space.

Free Being Me
Session Four

Session Four is all about you, and the difference you can make to improving body confidence for young people. From celebrating your identity with an exciting dance from Burundi, to helping friends feel better about themselves, you will practise some of the messages and skills you have learned during *Free Being Me*.

Session map

ACTIVITY	TIME	YOU WILL NEED	SKILLS
Welcome	5 mins	No materials needed.	
Ringa Ringa	10 mins	Practise the words and tune in advance.	Music and rhythm, memory, cultural awareness.
Share: You're My Star Personal Challenge	10 mins	Ball of wool/string per group.	Coordination, confidence, speaking out.
Feeling Great	25 mins	Sheet 4.1 from page 49.	Empathy, speaking out.
Free Being Me Pledge	10 mins	Sheet 4.2 from page 50.	Reflection, responsibility.

Welcome to Session Four

Take Part Pledge ★

05 min

Bring the group together.

This session of Free Being Me *is about you. We're going to practise speaking out against the idea that looks are more important than anything else. We're also going to think about the difference we can make if we take action to share the messages we've learned with the world around us.*

At a glance

As a whole group, lead the participants to share their excitement about taking part in *Free Being Me*.

You will need

No materials required.

Outcome

Every participant agrees out loud to actively take part and have fun in this session of *Free Being Me*. This verbal commitment helps participants to contribute more openly, resulting in a bigger impact on their body confidence.

What to do

Bring the group together into a circle. Thank everyone for attending and ask them to shout their enthusiasm and willingness to participate in the first session of *Free Being Me*.

"Are you ready to dance, shout out and take part enthusiastically in this session of Free Being Me*?*

Shout

Session four

Ringa Ringa – song from Burundi

10 min

Outcome

Participants enjoy celebrating their strengths and identity and practise being body confident.

At a glance

Learn and sing an inspiring, confidence boosting song from Burundi.

You will need

Practise the words and tune in advance.

What to do

In some countries in Africa, women use songs and stories to teach girls to be confident and proud of what they look like. This is a popular song from Association des Guides du Burundi, Africa. Every line has the same tune.

People in Burundi love dancing and singing! Get your group into the positive mood of the song by encouraging them to clap, sway, and dance. Practise Ringa Ringa both in Kirundi (the language spoken in Burundi) and in your own language.

The leader sings or chants a line, and the group repeat it. The leader replaces 'Lucy' with the name of someone in the group, and 'smile' with something great about that person, changing every verse until everyone has been celebrated. When someone is named in the song, encourage them to dance if they wish.

The words are pronounced phonetically.

Tips:

- If you have a very large group, split it in half to ensure everyone can be celebrated in the song.
- Have a go at learning the Kirundi words. If it gets too difficult, try singing just in your own language.
- Once the group knows the song, encourage them to come up with ideas for what to celebrate about their friends – or themselves.

RINGA WE LUCY RINGA! RINGA!
RINGA COO BWEEZA BWAWAY! RINGA!
WABOO-HAWAY IMANA YAWAY!
RINGA WE LUCY RINGA! RINGA!
RINGA COO SMILE YAWAY! RINGA!
WABOO-HAWAY IMANA YAWAY!

Be proud, Lucy, be proud! Be proud!
Be proud of your beauty! Be proud!
It was a gift when you were born!
Be proud Lucy be proud! Be proud!
Be proud of your smile! Be proud!
It was a gift when you were born!

Share: You're my Star Personal Challenge ★

05 min

Outcome

Participants share and celebrate how they have passed on a positive body confidence message.

At a glance

In small groups, participants take it in turns to share the story of how they spread the message in their star.

You will need

One ball of wool or string per group.

What to do

Each small group forms a circle. The first participant keeps hold of the end of the wool, and throws the ball to someone else.

The person who catches the wool tells the group

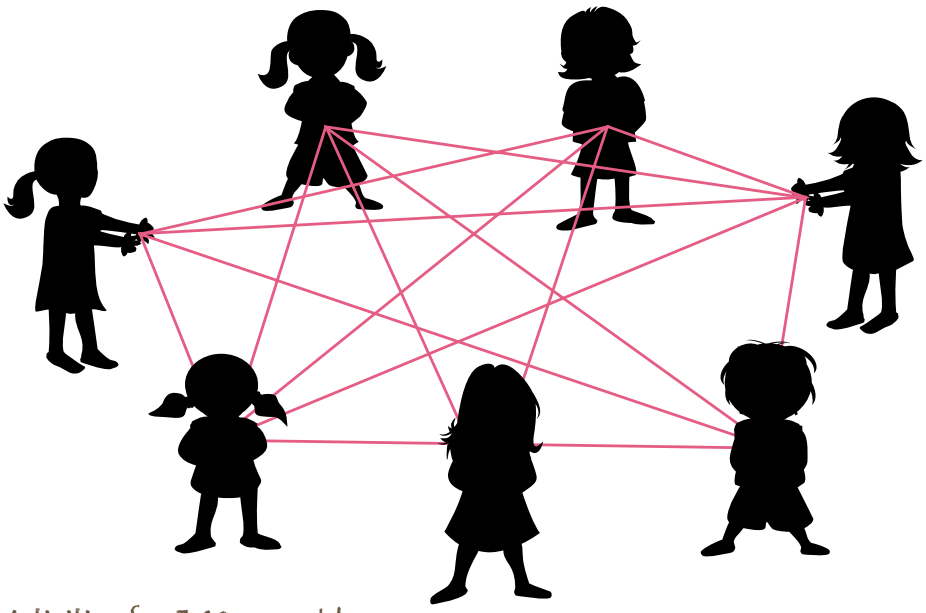
- What her star message was.
- How she shared it.
- Why she thinks her message is important.

She then holds the loose part of the wool and throws the ball to the the next person.

Repeat until everyone has talked about their star message and taken hold of the wool, ending with the person who threw the ball first.

This creates a web of connections between the participants. Explain that:

When we do something positive in the world around us, like sharing our star messages, we're not acting alone. Around the world, millions of Girl Guides and Girl Scouts are taking action in their communities and helping others to feel good themselves. Like this web connecting each of you, there's an invisible web connecting all of us to those millions of Girl Guides and Girl Scouts. All those little actions add up to make a big change in the world.



Feeling Great – Treasure Hunt ★

25 min

Outcome

Participants practise spoken challenges to the idea that there's only one way to be beautiful.

At a glance

Working in small groups, participants hunt for messages that represent someone feeling pressure about their appearance, and come up with a positive challenge to the idea that it's important to look a certain way.

You will need

Feeling Great messages sheet 4.1, pens, paper.

What to do

Choose eight to ten of the messages from sheet 4.1 and hide each one in a different part of your meeting place. Ask participants to form small groups, with a leader accompanying each group.

Hidden around the meeting place are some secret thoughts coming from children like you. It's your job to find as many as you can and, each time, to think of something to say that will help them understand that there's no such thing as one way to look beautiful.

Tell everyone the total number of messages hidden, so they will know when they've found them all!

Each group hunts for messages. When a group finds a message, the leader reads it out.

The group thinks of a positive reply which shows that there isn't just one way to be beautiful, so worrying about trying to fit with a certain look isn't worth it. They shout their message out.

For example, in response to, "My friends won't like me if I'm not pretty", a group could say, "Don't worry, we don't agree! People like you because of who you are, not what you look like!"

Leaders write down the positive replies they hear. The group puts the message back for another group to find.

Once the groups have replied to all the messages, try the next part of the activity:

Let's experience for ourselves how positive messages can change how we feel.

Ask participants to imagine they are feeling sad because they are worrying about their appearance, like the girls who left those messages.

Participants make themselves into a shape that shows how sad they feel.

Explain that you are going to read out each of the positive replies the group created during the treasure hunt. When they hear each message, participants should change shape to reflect how it changed their feelings.

Hopefully, participants will jump, stretch and smile to show how good these messages made them feel!

Feeling Great - Treasure Hunt (continued) ★

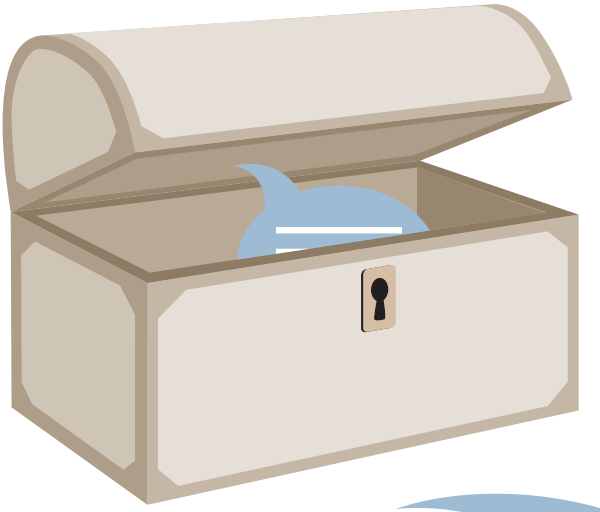
25 min

Questions

- Are there times when you've worried about things, the way the girls in those messages did?
- What message do you think will help you not to worry in the future?
- What was your favourite message from the ones your group came up with in this activity?

Tips:

- If the groups find it difficult to come up with their positive replies, ask them questions to help them discuss their ideas. You can also remind them about the key messages of *Free Being Me*:
- There isn't just one way to look beautiful.
- What's inside matters the most.
- It's great to appreciate what our bodies can do, as well as what they look like.
- It's important to be yourself. We are all different, and that makes us special.
- People don't decide if they like you or not just based on what you look like.



Session four

Free Being Me Pledge Card ★

10 min

Outcome

Participants summarise what they have learned from *Free Being Me*, and commit to keeping their learning alive.

What to do

Give each participant ten minutes to create and decorate their *Free Being Me* Pledge Card.

Explain that the promise they are being asked to make is about the little things they can do to help themselves, and others, feel more confident about their bodies. For example:

"I promise not to say anything hurtful to my friends that might make them worry about how they look."

"I promise to remind people that there isn't just one way to look beautiful."

"I promise to share what I have learned with my family."

Congratulate the group on completing their Pledge Cards and encourage them to show their families and friends.

At a glance

Participants come up with their top learning points, and two ways they will try to share the messages they have learned from *Free Being Me*.

You will need

Copies of sheet 4.2 for each participant, pens, paper.

Welcome to Session Five

Take Part Pledge ★

02 min

In this session, work through four easy steps to plan an exciting Take Action project which shares what you've learned during *Free Being Me*. Take the lead and make a difference to your friends and community!

At a glance

As a whole group, lead the participants to share their excitement about taking part in *Free Being Me*.

You will need

No materials needed.

Outcome

Every participant agrees out loud to actively take part and have fun in this session of *Free Being Me*. Saying it out loud means participants will contribute more openly, resulting in a bigger impact on their body confidence.

What to do

Once you have introduced *Free Being Me*, thank everyone for attending and ask them to shout their enthusiasm and willingness to participate in the fifth and final session of *Free Being Me*.

Are you ready to take action to share what you've learned about body confidence with your friends?

Shout

Session five

Plan your Take Action Project ★

60 min

Outcome

Participants share what they have learned during *Free Being Me* about body confidence, taking the lead to show others that there isn't just one way to be beautiful.

Important note

A key aim of *Free Being Me* is to spread the body confidence message as far as we can, beyond those who have the opportunity to enjoy the whole programme.

So, for each participant to earn their *Free Being Me* badge, they should:

- Reach at least two other people aged 7-14.
- Spend at least one hour sharing their messages with these people.

At a glance

Plan together how your group will take action, to spread the *Free Being Me* message in a fun and exciting way!

You will need

Notepaper, large paper and pens, planning template sheet 5.1.

What to do

This is the most exciting session yet, because we are planning how we can take action, and spread the messages we've learned from Free Being Me *far and wide!*

Explain the four main steps to making change happen:

See the Change: *We will understand the difference we're trying to make, and what it can mean for other people.*

Plan the Change: *We'll decide on what we'll say to make a difference, and plan what we'll do to give people the message*

Make the Change: *We'll put our plan into action!*

Share the Change: *We won't stop there – we will think about what we can do to keep the message going, and share what we've been doing with other Girl Guides and Girl Scouts around the world.*

This session is all about the first two steps: See the Change and Plan the Change. We'll then put our plan into action to Make the Change, and spend a little time afterwards thinking about Sharing the Change.

See the Change – 20 mins

This is our chance to think big. What if every girl in our country, or even the whole world, understood, like you do, that there is more than one way to be beautiful, and that what's on the inside of a person matters more than what's on the outside?

- Lead small groups to discuss these questions together:

Questions

- How do you think each person would feel if they understood that everyone is important and beautiful the way they are?
- What would it mean to our whole community if everyone got that message?

Plan your Take Action Project (continued) ★

60 min

- Groups spend ten minutes creating a large drawing or mind-map to represent their ideas.

Here are some ideas to help:

- Then give each group a minute to explain their ideas to the whole group. Make sure each participant has a chance to share an idea.

Well done, those are amazing ideas. If we work together, along with all the other Girl Guides and Girl Scouts around the world who are taking part in Free Being Me, *we really could make a huge difference!*

Plan the Change

Now we have a big picture of what we want to achieve, we can think about how to make it happen.

Our message – 5 mins

First of all, let's work together to come up with the main things we've discovered from Free Being Me *that that we want to share with other people to improve their body confidence*

Ask the group to think back to each *Free Being Me* session:

Questions

- ? What did we do?
- ? What did we discover or find out more about?

Write down their answers on a large sheet of paper – use one colour pen for what they did and another colour for what they learned.

Plan your Take Action Project (continued) ★

60 min

Tips:

The planners at the beginning of each session should help jog your memory too, as will the activity outcomes.

The group should begin to identify a few simple messages they learned:

- "There isn't just one way to look beautiful."
- "What's inside matters the most. Looks aren't the most important thing about us."
- "It's important to be yourself. We are all different, and that makes us special."
- "It's important to appreciate what our bodies can do, as well as what they look like."
- "People don't decide if they like you or not just based on what you look like."

Make these messages clear to the group from all the suggestions given.

T-shirt message – 10 mins

A great way to start a conversation is to share your message on a T-shirt for everyone to see! Just imagine if we all walked around our town together, wearing T-shirts that had a message on them, people might ask what it meant. If you wanted to get people's attention, to get them talking about what we've learned from Free Being Me, what would your T-shirt say?

Ask participants to work in pairs and spend five minutes designing their own T-shirt message. It may be helpful for leaders to work with each group to ensure they know what to do and create appropriate messages.

Here are some ideas to help:

"You are amazing just as you are."

"Be yourself!"

"I am beautiful and so are you!"

Then ask each pair to shout out their messages to the rest of the group, in quick succession.

Well done, they are all great messages!

Put the T-shirt messages up on the wall for everyone to see. They can be used to help create the group's action plan, and come in useful during the action itself, perhaps to use as part of an invitation or poster. Why not share your messages on **www.free-being-me.com**, and be inspired by messages from others around the world?

Plan your Take Action Project (continued) ★

60 min

Action Plan – 30 mins

Now we've imagined what the world would be like if everyone felt free to be themselves, without worrying about the way they look. You know the messages you want to tell people, and our T-shirt messages will help us get people talking. It's time to decide what our Take Action project will look like and who we would like to reach in our community.

This is the really fun bit, where you get to let your imaginations go wild!

Encourage participants to take the lead, and make their Take Action project their own.

Don't forget:

- You need to engage the people you're reaching with your Take Action project for at least an hour.
- Those reached should be children and young people of a similar age to the participants.
- There should be two people reached per participant.
- You should be passing on the messages you've learned from *Free Being Me*.

You could all run an event together, plan different events in groups, or individually.

Get planning:

- If small groups want to work on their own Take Action projects, this is where they can start planning. If you're planning a whole group Take Action project, small groups could come up with different ideas then hold a vote to decide the final project.
- Use or adapt the planning template on sheet 5.1 to help participants think through what they want to achieve and how to make it happen.
- Try to have the planning chart completed by the end of the session, and a list of the practical details that need working out.
- If you have small groups working separately, take the time to go through their plans and check they have the support they need. Ask them to share their plans with the other groups before you finish the session.
- If your whole group is working together, encourage as many participants as possible to practise their leadership skills by taking responsibility for different parts of the project.

Well done everyone, we're so excited about this Take Action project, and we can't wait to start our very own body confidence revolution!

Next Steps... What to do now!

Make the Change

It's time to put your plan into action!

Discuss it:

Beforehand, you might like to discuss with the group:

Questions

- How will you know your Take Action project has been a success?
- What are you most excited about?
- Do you have any worries? (Work together to solve those before you start)

Record it:

Take photos or film your event.
Ask people you reach for feedback on their experience.
Count the number of people who took part.

Tell us all about your Take Action project at **www.free-being-me.com**! Let us know what you did and how many people you reached!

Share the Change

Great work! The Take Action project(s) has happened, and you've reached children and young people in your community with your *Free Being Me* message.
We are sure your group doesn't want to stop there...

Look back

Make a little time to evaluate *Free Being Me* – the activities and your Take Action project. Here's one way you could do this:

River journey: Participants describe their journey from Session One to Session Five of the *Free Being Me* as a river journey, starting near the source and travelling towards the sea.

In small groups, draw out the river and the journey they took, labeling it if they like.

Where did the river flow fast and they enjoy it and learn a lot? Were there any trees blocking their way? Did they reach forks in the river where they had to make decisions? Did the way they looked at the world around them change on their journey?

Ask participants to share their journey, talking it through with the whole group, or small groups.

Let's celebrate!

Award your group members with their *Free Being Me* badge! You could plan a celebration at the same time, to congratulate yourselves on all you've achieved for your own body confidence, and for others.

Next Steps...What to do now! (continued)

Look forward... My pledge

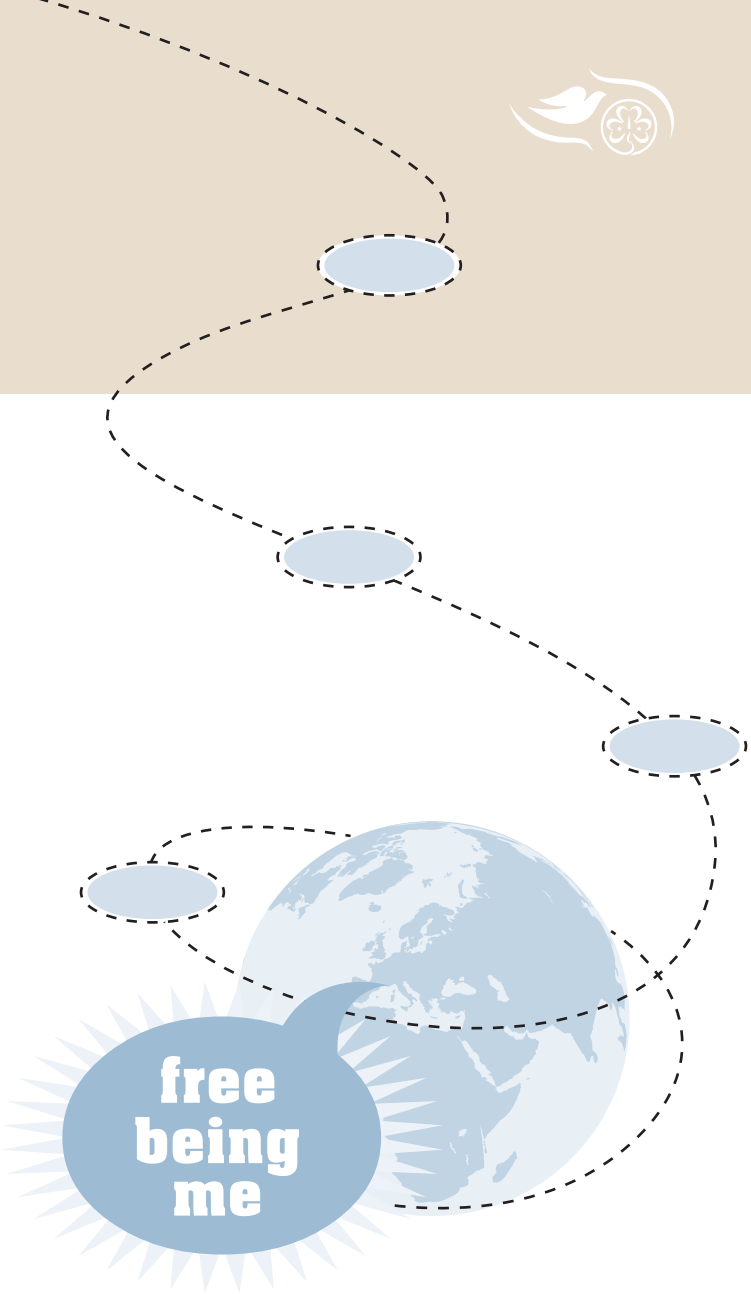
How can you keep sharing your *Free Being Me* messages, and connect with Girl Guides and Girl Scouts around the world?

- Share what you've done: share the plans, pictures and quotes from your Take Action project with others all around the world, on **www.free-being-me.com**. Inspire others, and be inspired!
- Use your pledge cards! Remind participants about the pledge cards they created in Session Four, and encourage them to keep them on display at home.
- Remember the messages your group has learned from *Free Being Me*, and keep them alive in future Girl Guide/Girl Scout activities.

We've all learned a lot from Free Being Me *– we know that there's no such thing as one way to look beautiful, and that being body confident and celebrating what makes us different and special can help us feel happy to be ourselves. We've learned that around the world, there are many different ways to be beautiful, and that what's inside us matters the most.*

So what will we do now we've finished Free Being Me*? Look back at your Pledge Card, and share what you have pledged with the group.*

Why not remind your group about their pledges in a month's time and find out how they're getting on?



Well done!

Thank you for taking part in Free Being Me*. We hope your group participants have enjoyed it, learned a lot and feel empowered to take their messages out to everyone they meet.*

Don't forget to share what you've done on the **www.free-being-me.com**, *and join the worldwide body confidence revolution!!*

How did it go?

Go to **www.free-being-me.com** *to fill in the online global survey – your chance to feed back your group's experience of Free Being Me. Your thoughts and opinions will be taken into consideration for future versions of this curriculum.*

Sheet 1.1

The Princess List

Sheet 1.2

Beauty Around the World Facts

Somewhere in the world...

...it is considered that big women are beautiful.
In Mauritania in Africa, it's desirable for women to be as big as possible. Unfortunately sometimes girls are even force-fed to make them more attractive.

... very high hairlines and big foreheads were thought very attractive – and people would shave their hairline to make it higher.
In 16th century England, the ideal beauty was the Queen, and she shaved her hairline to create a big forehead. Whatever she did, her people wanted to copy. In China a similar practice existed with men, where they would shave back their hairlines to mimic male pattern baldness. During the Qing Dynasty the hairstyle was even law for all men!

...Caucasian people with tanned skin are considered more beautiful, so women and men will sit under big lamps, spray paint their bodies or rub lotion into their skin to tan it.
In countries like Australia, the UK and the USA, many people want to look like they have been in the sun and have tanned skin, so they tan themselves with lotion or sunbeds or spend a long time in the sun. Why might Caucasian people value this? Some think it's because being tanned is a sign of affluence. Those who are wealthier have more time for luxurious vacations on the beach! This practice can actually be dangerous and bad for your skin.

...people feel it's more beautiful to have a lighter skin tone, and women and men will rub lotion into their skin to whiten it and avoid going in the sun.
In many places in Asia Africa, North and South America, lighter skin is often considered more attractive. People with lighter skin are often favoured for prestigious jobs and for roles in movies and TV. Because of this, some people believe they will be more successful with whiter skin.

...straight hair is considered beauty ideal and many women use chemicals to straighten their hair, or even sew in hair extensions.
In much of the Western Hemisphere women with curly hair, particularly women of African descent work hard to make their hair straight. In Asia, long straight black hair is seen as beautiful.

...people say a beautiful woman has a very curvy figure.
In many Latin American countries, for example Brazil, curvy women are the most admired – although this is starting to change because of the influence of other countries; people in Brazil are starting to see being thin as beautiful.

...in an attempt to appear younger, women will remove most of their body hair through waxing, shaving, or other depilatories.
In Western countries young women start to shave their legs and armpits to fit the cultural standard of beauty, which means having no hair just like a young child or baby!

...a uni-brow – where both eyebrows join in the middle – is seen as beautiful in women
In Tajikistan, women feel very lucky if their eyebrows grow across their foreheads. If they don't, they use a herbal mixture to draw a line and join their eyebrows together.

...having a plump curvy bottom is the most beautiful way to be.
In Jamaica, dancing is very important. Women with bigger bottoms can wiggle them a lot when they're dancing, which people find beautiful.

... having crooked teeth is considered beautiful
In Japan many women are embracing their crooked teeth, and even going so far as to wear a fake tooth that makes their smile look crooked. This new trend is called "yaeba" and it is believed that a woman looks more youthful and endearing with crooked teeth.

Sheet 1.3

Real Role Models

Who's your role model?

My role model is _____

I know them because

_____

_____

_____

_____

_____

_____

_____

I really like them because _____

_____

_____

_____

_____

_____

_____

Sheet 2.1

Once Upon A Time

Once upon a time, there was a mouse called Millie, who liked nothing more than spending a day playing with her friends, swimming in the pond and eating her favourite kind of cheese as a treat. Millie's best friend was called Gilly.

Gilly was great fun to be around, and made everyone giggle. Before Gilly went out to play though, she would always try to make sure she looked dressed up. Her whiskers would be polished, her claws painted and her fur brushed and shiny. She liked to sneak a look at her mum's favourite magazine, MouseGirl, she thought that if she tried hard to look like the mice in the magazines and on the TV, it would mean that she would fit in better at school and have more friends.

One warm sunny day, Millie, Gilly and their friends agreed to go to the pond for a swim. Millie knocked on Gilly's door to collect her. She waited... and she waited... then she knocked again. "Gilly?!" she called up to her friend's window. Eventually the door opened, and Gilly's mum came out looking cross. "Gilly's still getting ready, I'm afraid," she said. "Why don't you go and get her, I've been trying to get her to go outside all morning!"

Millie ran upstairs to find Gilly brushing her fur. "Come on! We've missed loads of fun already, your fur looks great how it is!" said Millie. Gilly didn't think so – she looked miserable. "I can't possibly go out like this! Look at me, I look like a sheep not a mouse!" Millie thought her friend looked perfect the way she was, and told her so. Gilly didn't listen.

"Come ON, Gilly!" Millie said. Eventually, Millie helped Gilly straighten the last bit of fur. Gilly stole one last look at the mirror, straightened a whisker, and finally went outside.
The warm sun beamed down on them as they ran happily to see their friends at the pond.
As she ran, Gilly tripped on a stone and stumbled. "Whoops!" said Millie, "are you ok?"
"N—n- no!" whimpered Gilly. "Look at my claw polish! It's ruined!" Millie looked, and there was a tiny chip on Gilly's claw. "Never mind," said Millie. "You can always repaint it when you get home".
"But it looks awful now!" Gilly said sadly.
"Everyone will laugh at me – I'll see you later, I'm going home to re-do it."
"No you don't! We're late already, come ON! No-one's going to care!"
Eventually Millie managed to persuade Gilly to keep going.

They reached the pond and everyone was excited to see them. Millie jumped into the water and made a huge splash! Everyone laughed, even the lifeguard, except Gilly who ran quickly backwards to avoid the splash.
"Come on Gilly, your turn!" everyone yelled.
"Oh no," Gilly said. "I've just come to watch – I've just brushed my fur and I'll look awful if it gets wet."
Millie and all her friends tried to persuade her, but it was no use.
All day, Gilly sat on the edge of the pond with her paws in the pool, watching the others. She wanted so much to join in, but she was worried that the other mice would think she looked silly. At lunch time, she joined in the picnic but wouldn't eat even a little bit of the cheese Millie had brought – she was worried she'd get fat.

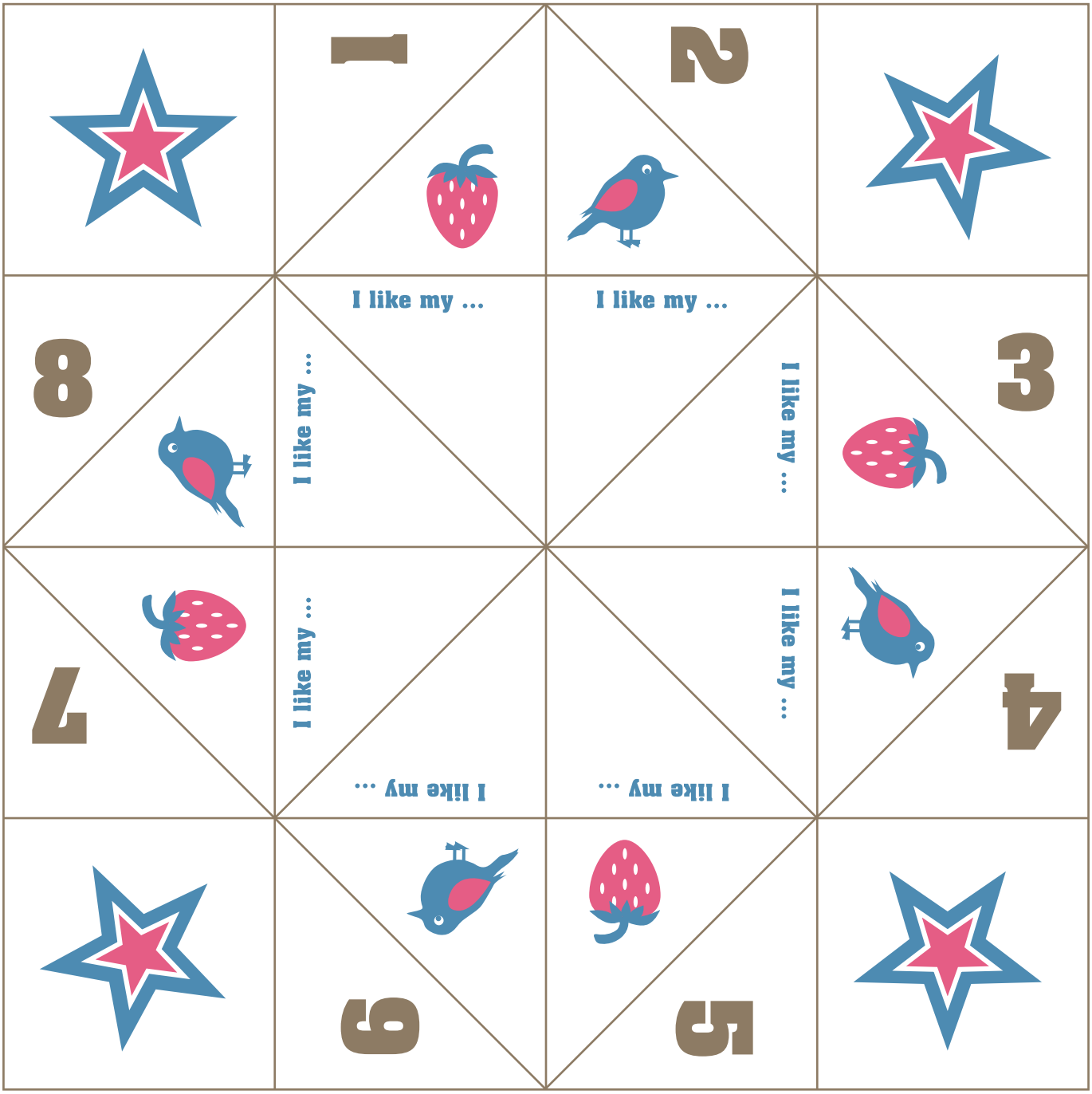
After their long day playing in the sunshine, everyone went home to bed. Millie couldn't sleep though. She lay awake feeling a bit sad that Gilly wouldn't join in, and didn't seem to be having fun like everyone else. How could she help Gilly, and show her how much more fun it is to be yourself? She wasn't sure...

Sheet 2.2

I like me fortune teller

Fill out this fortune teller with eight special things you like about yourself. Try to make at least four of them about the way you look!

Don't fold it yet...
Bring it to the next *Free being me* session.



Sheet 3.1

Airbrushing Spot the Difference

Insert before and after pictures of airbrushed models with a separate list naming the different ways they have been manipulated.

Original

Retouched

Original

Retouched

Sheet 4.1

Feeling Great messages

I don't want to go swimming anymore because my knees look knobbly.

My hair is really frizzy, everyone else has straight hair. I should straighten mine.

My clothes are babyish, I'm going to get teased.

My friends won't like me if I'm not pretty.

I'm shorter than my friends! I don't think I'm ever going to grow tall.

If I'm not popular, I'll never have any friends.

My shoes are really ugly. People will laugh at me.

Perhaps I should try wearing make-up to make me look older?

Everyone in this TV show is tall and skinny. I feel really ugly when I compare myself to them.

My sister said that skirt looks silly on me.

My tummy sticks out. I better wear a baggy T shirt.

If I don't like pink, I'm not a normal girl.

Sheet 4.2

Free Being Me Pledge Card template

Free Being Me key messages

There isn't just one way to look beautiful.

What's inside matters the most.

It's great to appreciate what our bodies can do, as well as what they look like.

It's important to be yourself. We are all different, and that makes us special.

People don't decide if they like you or not just based on what you look like.

By taking part in Free Being Me, I have learned...

1)

2)

I promise to do my best to share these messages by...

1)

2)

Sheet 5.1

Take Action Planner

Take Action stage	Ideas	Our notes
What do we want to tell people?	Use the ideas you came up with as a whole group of what you all learned from *Free Being Me*.	
Who do we want to share our messages with?	School pupils, friends, family, other youth groups, people coming to community events.	
How can we encourage people to take part?	Use your T-shirt slogan in some way – can you put it on your invitation?	
What will our Take Action project look like?	Run a café, stage a show, have a sleepover, run a special Girl Guide/ Girl Scout meeting, have a party, hold a community event, take over a school assembly or break-time...	
Where will our Take Action project happen?	Your meeting space, school, community space, outdoors, your house...	
Who will do what?	Give each person a job and make sure everyone is included.	
Do we need any help?	Think about who you might need help or permission from.	
What resources do we need?	Pens, paper, food, drink, chairs, tables, music, laptop...	