

# SESSION 1

## BODY IMAGE AND SELF-ESTEEM

Body image was the top personal concern for young Australians in Mission Australia's 2016 youth survey.

With the prevalence of sexualised images in the media, and so much attention being placed on appearance, teenage girls are increasingly confused about what a healthy body looks like - and whether they can be "good enough" looking the way that they do.

A young women's self-esteem is directly related to her body image. For our girls to feel confident about their place in society, they need to internalise healthy ideas about their bodies.

Empowering young people with skills and knowledge that enable them to challenge what they see, and the underlying messages and strategies used by the media, can help them avoid taking these images so literally – and personalising them in such damaging ways.

**Drawing on experiences as a booking agent for some of the world's top modelling agencies, Beautiful Minds will help students understand -**

- How supermodels really feel about themselves (and how it's not all it's cracked up to be).
- How the media manipulates young women to make them feel bad about the way they look.
- What a "healthy body" actually means and looks like.
- Simple strategies to help young women make healthy evaluations about their body image.
- Introductory ideas to develop a powerful sense of self-esteem based on more than superficiality.

**Anticipated outcomes -**

- A clear understanding of the negative role some media outlets play in their world.
- A series of strategies to step through when confronted with images that undermine self-worth.
- A powerful reminder that feelings of self-worth are much more than skin deep.



# SESSION 2

## INNER BULLY / INNER BESTIE

Learning to become your own best friend and stopping the inner negative chatter.

Our internal dialogue is the continuous conversation that we have with our 'self' about everything that happens to us. We all have an inner bully, which is a voice that is nasty to us, puts us down and doubts every decision we make. We also have an inner bestie, who supports us, encourages us, and is kind to us.

Which one wins? The one we pay attention to.

**In this presentation, Beautiful Minds will help students understand -**

- How to identify the inner bully and when it is 'speaking' to you
- How to stop the inner bully from taking over
- The ways we can learn to be healthy friends to ourselves
- How recognising our strengths can make us stronger and happier - by starving the inner bully, and feeding the inner bestie.
- What is a healthy friendship? How to move in and out of circles at school in a kind non-threatening way.

**Anticipated outcomes -**

- A deeper understanding of what negative chatter does to your overall well-being.
- An enhanced relationship with themselves and others.
- Specific things they can do – starting NOW – to develop and improve their relationships with themselves and others.
- Students who attend this presentation will experience greater happiness and well-being.
- Students who attend this presentation will have a clearer understanding on how to be a good friend, how to make new friends and how to resolve any issues that may arise from friendships.



# SESSION 3

## SELFIES, TEXTS & SEXTS

Human beings are ultra-social. Teenage girls are the paragon of this ultra-sociality. During adolescence, teen girls' relationships are like rollercoasters as they navigate everything from the mundane and banal to the exhilarating and terrifying. And that's just with their girlfriends!

The rise of intrusive technologies such as smart phones and tablets has only increased our girl's social reach and concern. It has also increased both the risks and rewards they experience in relationships with both their girlfriends and boyfriends. Our girls on a daily basis share photos, personal details and intimate thoughts around social media. It puts our girls at risk not only on a safety front but images shared are captured on line for life.

### Workshop participants will learn -

- How to know what a healthy relationship looks like.
- How to use social media as a positive platform.
- How to navigate the world of boys – and particularly how to communicate clearly about relationship expectations.
- How to weigh up the risks and rewards of relationships – online and offline.

### Anticipated outcomes -

- Understanding what makes a relationship healthy, what makes a relationship toxic, and how to identify when a relationship is not positive for you.
- The ins and outs of difficult relationships.
- A better understanding about how to use modern technology in positive ways to strengthen relationships.
- A clear understanding of the dangers of sex-ting and the laws that govern this.



# SESSION 4

## BEATING STINKING THINKING

It is generally well accepted that females experience greater levels of depression than males. While males are more likely to suicide, females are more likely to be depressed, be anxious, and self-harm.

Research shows that girls experience more stress than boys, ruminate more than boys and have a more negative cognitive style than boys. (We call this cognitive style stinking thinking)

This is a hard-hitting workshop that will address mental health, helping girls tackle negative cognitive style (stinking thinking) in a positive way that can inoculate them against depression and anxiety, and increase wellbeing and happiness.

### **Workshop participants will learn -**

- What mental health issues girls suffer with the most and how to know if you are in the grips of depression or anxiety.
- Why do girls self-harm and ways to help prevent this.
- Simple strategies to banish stinking thinking and boost wellbeing.

### **Anticipated outcomes -**

- A positive learning experience about mental health and how to best equip yourself against it.
- Ways to seek assistance if you are in need.
- Easy-to-implement strategies for building greater resilience, positivity, and well-being.

