

Spread the Confidence- Poster Competition

The Dove Self-Esteem Project

The Dove Self-Esteem Project aims to get pupils talking about body positivity and learn how to be proud of who they are. Our mission is to help young people feel good about how they look and to use that confidence to become the best they can be in life. We're here to help everyone feel confident, be happy, and be kinder to others!

Spread the Confidence

Spread the Confidence is a competition where your mission is to make a poster for your school that spreads confidence, helps people to feel good about themselves, and be kinder too. Make your poster stand out so everyone at your school can understand this important message.

You'll play a big part in helping your friends become even better at these skills, not just in school, but everywhere they go!

Hints

Think about:

- » What makes you confident
- » What you might say to help your friend feel good about themselves
- » How you have shown kindness today
- » Think about everything you've learnt from the **Amazing Me: Body Confidence lessons** such as **Appearance Ideals, Body Talk and Positive Thoughts**
- » Think about everything you've learnt from the **Amazing Me: Bullying & Teasing lessons** such as **Weight-Based Bullying, Bullying In Our Schools and Dealing With Bullying**
- » Don't be afraid to get creative!

How to apply

Design your poster using our template or plain A4 or A3 paper.

Enter your poster into the competition by asking your teacher to take a picture of your work and send it to doveselfesteem@nationalschoolpartnership.com

Enter your poster to be in with a chance of winning a bundle of self-esteem books for your school library!



Spread the Confidence Competition



Name _____

School _____

Draw your poster below. Remember your mission is to make a poster that spreads confidence, helps people to feel good about themselves, and be kinder too!

