



# Dove Self-Esteem Project Teacher Calendar 2023-2024

Hang me  
on your wall!

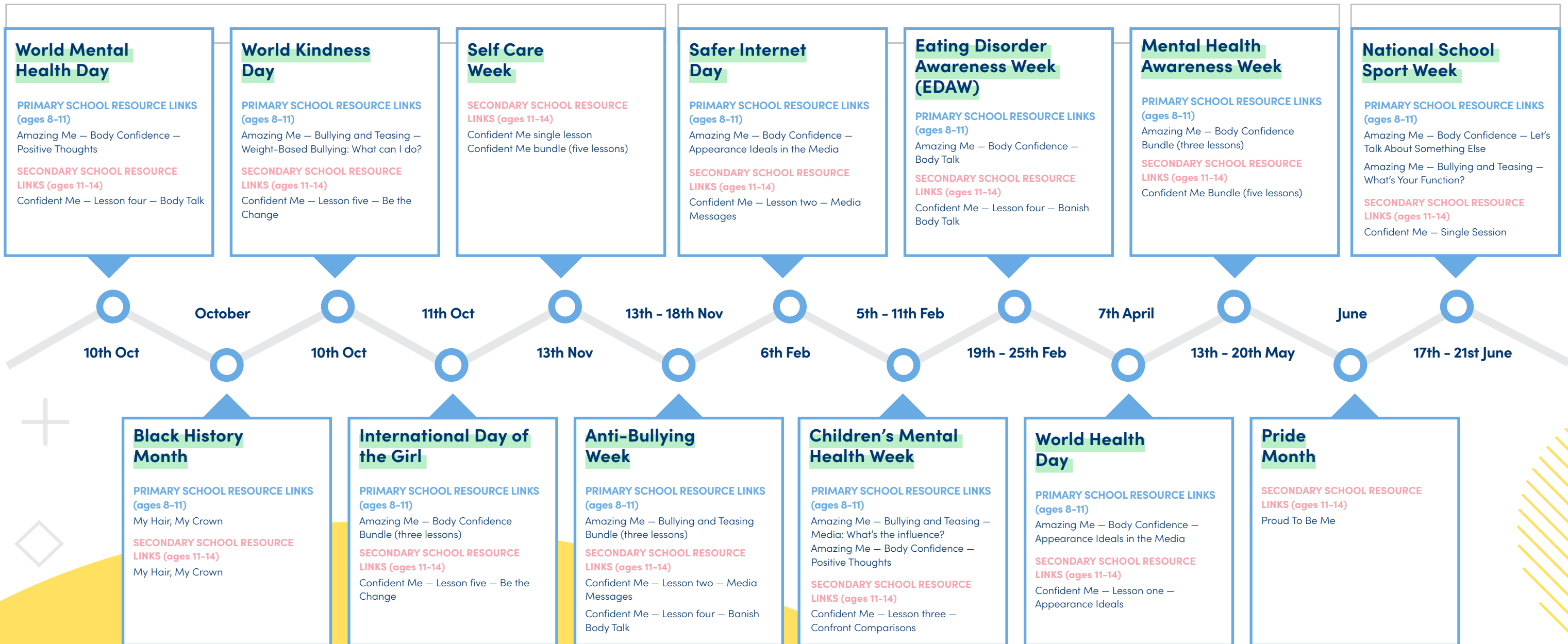


Keep track of key teaching opportunities to build body confidence and self-esteem among your students, across the school year.

AUTUMN TERM

SPRING TERM

SUMMER TERM



## Resource Key

The Dove Self-Esteem Project (DSEP) empowers young people to embrace their uniqueness and think critically about media influences. Find out more and download the free, curriculum-linked resources at [NationalSchoolsPartnership.com](https://www.nationalschoolspartnership.com) or scan the QR codes



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**Amazing Me Body Confidence**  
(ages 8-11)

**Amazing Me Bullying  
and Teasing**  
(ages 8-11)

**Confident Me**  
(ages 11-14)

**Proud to be Me:** A body positivity tool for LGBTQ+ exploring the impact of appearance pressures and practise challenging these messages in different ways (ages 11-14)

**My Hair, My Crown:** A single session exploring young people's internal relationships with external influences on their beliefs of what makes hair "beautiful." (ages 10-14)

