

# Confident Me

School Lesson for  
Body Confidence



5

Lesson Five:  
Be the Change



# What Are We Learning Today?

Valuing other qualities

Celebration

Advocacy project

# What Are Our Class Agreements?

Respect differences

Choose a level of participation based on your comfort level

Delay distractions

Right to pass

# Goal-Setting Reflection Opportunity



# What Have We Learned?

Body talk can make appearance seem too important.

Avoid comparing, and value what makes you unique.

Media images are often manipulated.

It's not worth trying to match appearance ideals.





**Find someone who...**

# 4 Performance- Assessment Opportunities



**01** Letter to advertiser



**02** Powtoon presentation

**03** Rap, song or poem

**04** Policy revision



# Be a Body Confidence Champion



Be a good role model



Value the whole person



Respect yourself



Support individuality



Look after each other

# Congratulations!

You've now completed

Lesson Five of Confident Me:  
School Lessons for  
Body Confidence

Remember to  
practice being  
a Body Confidence  
Champion every day,  
and strive to be the  
best version  
of yourself.





