

Spread the Confidence- Poster Competition

The Dove Self-Esteem Project

The Dove Self-Esteem Project aims to create an open conversation around body positivity and celebrate individuality while building confidence, self-esteem, and kindness in young people. Our mission is to encourage students to think positively about the way they look, helping them to reach their full potential in life. We want to ensure that everyone grows up feeling positive about their appearance and be happy.

Spread the Confidence

Spread the Confidence is a poster competition that aims to improve confidence, self-esteem and kindness amongst students at school. Your task is to design a poster that spreads this key message to your peers. By creating a poster, **you will be vital in spreading the word and helping young people develop these skills** in your school environment and beyond!

Hints

Think about:

- » What makes you a more confident person
- » What you might say to improve a friend's self esteem
- » How you have shown kindness today
- » Reflect on the key themes and messages from the Dove Self Esteem Project such as **Appearance Ideals, Banish Body Talk, Let's Talk About Something Else and Positive Thoughts from the Confident Me Bundle**
- » Don't be afraid to get creative!

How to apply

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

Submit your entry by asking your teacher to take a picture of your poster 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 increase confidence, self-esteem and kindness in your school!

