

# Endorsements



**Create . Empower . Inspire**

A program encouraging teenage girls  
to explore self-esteem and identity  
through **creativity**.

26 November 2011-12-01

To whom it may concern,

The group program Esteem Designz is a wonderful invitation to adolescent girls to have fun while building their self-esteem. It provides a beneficial and enjoyable experience, which supports the development of a positive sense of self.

As a mental health professional, I recognize that participation in this program has a diverse range of benefits.

Being part of a group enhances social skills and builds trusting relationships. The reflective component of the experience increases self-awareness and awareness of others. The beautiful and meticulously prepared activities – all with a purpose – result in a great sense of achievement and worth!

I recommend this group experience as a fun and meaningful way of building resilience and self-confidence in the participants.

Kind regards,

Eileen Reeks, B.Sc. (Hons) MAPS  
Psychologist.

To whom it may concern,

This year, through our School Chaplaincy program, we ran the Esteem Designz Program for our grade 6 girls.

Esteem Designz Program has played a key role in supporting the Personal Development strand of the PDHPE curriculum, helping the girls develop their identity and being able to cope with different and challenging situations. Through the design projects and tools within the kit, the girls developed skills that provided ongoing support and reinforcement.

These skills and tools have been very valuable in preparing the girls to transition into High School. Esteem Designz Program has provided an opportunity for the girls to discuss their concerns and issues openly as they created.

On receiving their resource kits, the girls were highly engaged in all the activities. The kits were of extremely high standard – both in design and content and included many meaningful treasures for the girls to learn from and keep.

Esteem Designz has helped cultivate and strengthen friendships, creating unity within the whole grade. The design projects and activities equip girls to encourage and care for one another.

It has helped the girls with confidence and reinforced the skills of resilience.

During the program, many of the girls were facing difficult situations and found comfort and strength in the design projects and group discussions. The facilitator was able to talk with them about deeper issues as their focus was on creating. Through the design projects and discussions, the girls were encouraged to give each other advice and support and find their own solutions to situations.

Each week, the girls eagerly look forward to Esteem Designz, excited to know what they will be doing.

The girls absolutely love the program. We will definitely be running Esteem Designz with all the year 6 girls again next year. It is a program that would be beneficial in any school fostering friendship skills, self-esteem and identity building through creativity.

I strongly recommend other schools to use Esteem Designz to help teenage girls grow in friendships, confidence and develop their identity in a caring and safe environment.

Kind regards,

Robyn Dowse,  
Principal Alford's Point Public School



31/10/12

To whom it may concern,

I am excited and very proud to endorse Esteem Designz Program. I am amazed at how professional and well-written this program is, and am looking forward to see the impact it has on the young girls in our schools.

Schools are always looking for programs that engage, inspire and facilitate discussion at a deep level to bring about positive change in the lives of students. Esteem Designz provides a high quality program that engages young girls around creative projects with a focus on building courage and resilience - essential skills to equip them with as they journey into womanhood.

Offering a resource with the flexibility to be used in groups or individually, and which is affordable, accessible and effective, Esteem Designz brings a unique opportunity to invest in the potential of our girls as they navigate the challenging years of adolescence.

Another bonus for schools is there is no expensive training course that needs to be completed, as there is a Facilitator's Resource Kit that has everything required to facilitate the course.

I strongly encourage anyone working with in schools to explore this opportunity to empower teenage girls.

With warm regards,

**Zosia Erickson**

**Social Worker; Executive Officer, Genr8 School Chaplaincy NSW**

9<sup>th</sup> January 2012

### Endorsement for Esteem Designz Program

As a social worker and educator in the youth work field, I feel excited about the possible uses for this new Program for young females. Here we have a package generated by a young person that demonstrates current understanding of significant issues for young females, and is presented in a way that is professional and appealing to adolescents. The program is immediately useable for any teacher, youth worker or counsellor, in either an individual or group work context. Ruth Lewis-Jones's experience in working with young people, and especially her creativity and eye for detail is evident throughout, making this kit different to other material available.

With its focus on the girls undertaking creative tasks, this program subtly walks them through difficult personal topics such as Discovery, Acknowledging and Overcoming. In this way the opportunity is there for them to explore their thinking, potentially become more comfortable with themselves, and improve the chances of them positively engaging with the community around them. The focus on giving to others and sharing personal knowledge is a refreshingly unique aspect to Esteem Designz Program, countering the sometimes unhelpful tendency for adolescents to be self absorbed.

I look forward to hearing about the innovative ways in which this Program has been used in the future.

Deborah Holden

B. Soc. Stud. (Syd. Uni) Grad. Dip. Voc. Ed. (Charles Sturt Uni) Cert IV in Training and Assessment

To whom it may concern,

I would recommend Esteem Designz Program as a valuable, effective and needed resource for schools, welfare and community organisations and anyone working alongside girls and young women.

Esteem Designz Program carefully addresses and meets the needs of girls, their current issues and pressures, and the needs of associations that work with girls.

I have worked in the community sector in the Sutherland Shire for over 15 years and I am aware of the debilitating effects of low self-esteem and the issues girls are facing everyday.

The Esteem Designz Program supports young women in building self esteem and self worth. The Esteem Designz Program addresses these fundamental needs, helping young women find value, respect and confidence in who they are by developing critical skills and create coping mechanisms and tools to use throughout life.

The creative projects enable the girls to have fun, feel safe, discuss and reflect on challenging topics, be completely involved and create lasting and memorable lessons and skills.

The girls are educated in how to feel valued by the kits they receive that contain gifts, tools and strategies. The program is undertaken by facilitators who provide all necessary materials. As a result participants are given the opportunity to feel special and own the lessons for themselves.

The facilitator manual is an easy to implement and adaptable document, designed to meet specific group needs.

Esteem Designz Program aims to and achieves the goal of giving young women positive self-awareness and self- image. This further enables positive and proactive engagement with the wider community.

The Esteem Designz Program can have a positive impact on the lives of young women and their communities.

I can happily recommend this program.

Maree Everitt

**Community Development Worker, Sutherland Shire**

# Project Youth

To whom it may concern:

## Re: Esteem Designz

In 2012, Project Youth Inc retained the services of Esteem Designz to run a school based activities program for girls in Year 6.

The program was crafts based and was structured with the aim of developing the self esteem and social skills of the young participants. It was well developed and the thoughtful activities not only engaged this age group nicely, but also facilitated discussion about topics such as dreams and strengths etc.

The girls engaged well with the facilitator and as well as having lots of fun, and being able to take home the things they made, they also formed good relationships.

Project Youth staff observed an increase in the girls' confidence, self reliance, and recognition of their own strengths.

There is considerable flexibility within the program to allow it to be adapted to suit different budgets and timeframes.

Project Youth Inc would recommend the program and would run it again.

Yours faithfully,

Elaine Roberts  
Manager

November 2012



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Youth Centre

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Miranda, NSW 2228

PO Box 333,  
Miranda NSW 1490

Tel: 9525 7919 Fax: 9525 1991



Menai Youth  
Centre

34-42 Allison Cres,  
Menai, NSW 2234

PO Box 316,  
Menai Central NSW 2234

Tel: 9543 6440 Fax: 9532 1270

29 November 2011-12-01

To whom it may concern,

Esteem Designz is a program that enables girls to share themselves with other women and their peers in a safe environment. Through creativity the girls were able to shine as individuals and came to recognize that their differences should be celebrated and encouraged not to be a point of criticism or fear.

With every session I witnessed the girls begin to form a tighter community as they came to know one another through conversation and sharing times. By the final session many girls were very keen to continue the relationships that they had developed over the course of the program and were sad to see it come to an end.

The weekly take home activities were received very well. Many girls took the journal activities very seriously and gained much insight into their strengths and weaknesses through the completion of these reflection tasks in their own time.

All of the creative projects were engaging, clearly outlined and highlighted a positive self-esteem message.

The girls looked forward to this quiet and active time each week and were always amazed at and proud of what they had created at the end of each session.

I would encourage any organization working with young women to consider using this program. I found it very useful to train my young female leaders, to build positive community among the young women on my team and to get to know them in a very comfortable, healthy and fun program.

Sincerely,

Avril Mundy, BTea,  
Teacher & Children's Pastor, Kingsway Community Church



Monday 25<sup>th</sup> February 2013

To Ruth

Below is a reference that I have written for Esteem Designz.

In 2012 at the beginning of the year, Jacaranda Cottage received a grant to put on a camp for young women between the ages of 16-20 to promote confidence and work on their identity.

Our Coordinator, had heard Ruth Lewis-Jones talking about her program that she had put together and asked her to come and talk to our team to see if it was something we could use for our camp.

Ruth facilitated our team meeting sharing her heart and passion for girls and her heart break at the **brokenness and low self worth that seems even more rampant in young women than ever before**. She said that she had developed a program that in a **non confronting and creative way gets girls to open up and face some of the things that hold them back and pull them down**. Ruth also spoke about specific strategies that she uses within the creative forms to bring out the best in girls so they can see themselves for the beautiful, unique, strong, people they were rather than the confused, distorted image that society today is assuming as the norm.

We all **immediately connected with her vision** for her program because the heart of Jacaranda Cottage is to Impart Hope, Facilitate Restoration and Celebrate Transformation in broken and homeless young women. The activities that she showed that we would be using at camp were really craft and **creativity driven to impart the really solid point to girls that they can expect better for themselves, they are beautiful, they are worthy of good things**, that they have had a negative story that they can listen to and play the main part in, or they **can use these strategies and write a more positive and empowered story**. The point was, they can control their story, even if situations within that story are big, scary and feel overwhelming.

When Ruth told me the **price** for the whole package per girl for the program, working for a small not for profit refuge, it seemed like a lot. After going away and crunching some numbers and looking at what actually came in the package, **as a team we decided that the investment of that money was well and truly worth it and a valuable one**. The package we got, came with a manual and instructions for the facilitator and a pack for each girl that had all the materials needed to do the crafty activities. To buy this ourselves and organise the activities ourselves, would have taken time we didn't have and would have **cost more for us to do it**.

**When we gave the girls the packs, they were blown away** at how pretty everything was and new and good. A lot of girls we did this with had never been **shown that they are worth getting something so new and organised and awesome – just for them**. It was **so professionally put together** with all the materials needed from fabric, to wires, to needles and thread. We had to make sure there were pens and scissors but overall we didn't have to worry about much.

The actual **manual for both the leaders and the girls were so user friendly**. Craft is not my forte and I am not very good with those kind of activities, even though I believe strongly in the message brought in the activity. The **instructions were so good**, that my weakness was not even an issue and everyone just understood what to do. **It was that clear**.



The activities that were done on our camp were **so impacting and powerful** that **it helped get our girls to a different level in their self worth**. It **opened their eyes** to things that were **important** to not only **think about** but have some **healthy discussions** around. Often though, what is heard in the context of learning something is not what is taken away. Only around 10% of content is actually retained. The great thing about Esteem Designz activities was that not only are you **addressing some pretty big issues** in a way that really **doesn't confront** in a bad way but you are **doing something with your hands that cements the point** that is being made which also helps with the **take home message**. On top of that though, it also speaks into the follow up portion in that because they have made something themselves, they have something that they would be **proud** to put up in a **visible spot to remind them of what they learned**.

Our theme on the camp was **learning your identity and building the confidence to walk in it**. A key part of that was **breaking free** of the heavy and unnecessary rubbish that was overshadowing the girls lives. **Crap** that has been spoken right into their hearts and minds that they have bought into and were living out. **Lies** that had been controlling their actions and being worn as their identity. **We hoped for our girls to BREAK FREE and that is exactly what Esteem Designz Program enabled our girls to do**. It was a **smart way of asking girls GREAT questions** so they **discovered** and **told us for themselves** what the **chains** that had been imprisoning them were and **how to break them**. The program was about **giving strategies but showing girls "how to fish"** rather than "giving them a fish". It was **all about empowering them to use the strategies** when they didn't have our team around them to encourage and build them up – **they learned to do it themselves**.

In doing our **follow up** since doing the camp, it is so encouraging to hear our girls talk about the activities that we did as part of Esteem Designz and how they are **using it still today**. How they developed the craft piece even more and **carry it with them** to do what it was actually designed to do. They talk about having **put it up on their wall** and **reminding themselves of the things they wrote**. One girl has even used one of their pieces used in the activity in serious situations like self harm desire. **The activities were designed to have the girls remind themselves in different ways that they are worth it and that is what it does – literally**.

I would **recommend** this program to anyone who is working with groups of young women or girls. **It is powerful, creative, useful, and something that stays with you**.

Chris Byrnes-Mikelsons  
Program Coordinator, Jacaranda Cottage

For Ruth at Esteem Designz Workshops,

Last year we contacted Esteem designz to run two workshops in two different schools, a high school and a primary school, in the Sutherland Shire. We were working closely with some students from both schools and thought both students would benefit from this workshop.

Beginning with the high school Ruth had 7 students taking part in the workshop. It wasn't long before it was visible that the students within this workshop were benefiting greatly. Ruth used simple techniques like craft so all the students could start on a common ground and from there started conversations about worry's or struggles the students were facing in life. Once the students began to open up about worry's Ruth then gave them the time to as a group discuss each topic, letting the students all together give ideas and feedback on how to deal with these worries. The biggest thing I believe the students benefitted from this is they realised that they are not alone with struggles and worries and sometimes the person sitting next to you can have common worries and struggles in their life. Ruth was great with this. She would reiterate the importance of treating people how you would like to be treated and respecting the fact that other people have their own day to day worries and struggles. All of this was discussed in such a positive environment working on building up the students' self-esteem through positive affirmations and encouraging the students to be the best version of themselves. I was in attendance to most of these weekly workshops so seen first-hand just how beneficial these workshops are to these students.

We then asked Ruth to run a workshop in a primary school in which we were working closely with a student and their family. This workshop I did not attend but the particular students mum approached me to provide me with feedback. She was so thankful for this workshop as her child was very low in self-esteem through a hard time the child had faced. She was so impressed with how the esteem designz workshop was improving her daughter's self-worth and confidence. This workshop as proved so beneficial to the lucky students, who were in attendance to them,

Thank you for your hard work and hope to see a lot more Esteem designz workshops in the future,

Catherine White, The Life Connect Project.

# WOOLOOWARE PUBLIC SCHOOL

A community school providing learning for life in a caring environment

## **Esteem Designz Program Endorsement**

The Esteem Designz program provides a creative and empowering opportunity to connect with our year 5 and 6 girls as we help them to confidently prepare for and transition into adolescence and high school. The girls love receiving their own design kits that has been so beautifully put together including the journal, encouragement cards and projects. Sitting around a table, working on creative projects and sharing experiences carves out a space for building relationships and passing on wisdom that has often been lost in our busy 21st Century life.

Kym Dixon  
School Chaplain



# MIRANDA NORTH PUBLIC SCHOOL

10<sup>th</sup> December 2012

As the principal of a local primary school I have investigated the use of the “Esteem Designz” program as a tool for enhancing self-esteem and developing social skills for senior students at my school.

The program seems to be well structured, well resourced, engaging and from all reports effective in achieving its goals with young adolescent girls.

I believe that this program could run parallel to other White Ribbon initiatives which focus on preventing violence against women and girls. How better to support this initiative than to see those same women and girls empowered and confident?

I anticipate that the school chaplain will be implementing “Esteem Designz” with a group of Year 6 girls at my school in 2013 and I would recommend to my colleagues to consider this program for their schools as well.

Andrew Hewitt  
Principal Miranda North Public School

To Whom It May Concern:

It is with great pleasure and enthusiasm that I am writing to endorse Esteem Designz to your program. I have been working alongside young girls for over 25 years and hope that this letter will be helpful to you as you evaluate this program.

As part of our youth leadership develop program we implemented a 6 week trial using Esteem Designz for teenage girls in years 7-9. The program provided an opportunity for the girls to create age appropriate designs as a platform for ongoing conversations and next step solutions to pressures the girls may be experiencing in their day to day life.

I have used a number of different self esteem programs for girls in the past, but this one is distinct in the way it uses creativity as a platform for dealing with issues that impact this age group. The program seeks to focus on the inner qualities and strengths of each individual taking away the competitiveness that sometimes exists amongst this age group.

In addition to the individual benefits for the girls, Esteem Designz is developing network partnerships with other service providers and government agencies to develop understanding, partnerships and services including;

- Jacaranda Cottage and other refuges in the Shire
- NSW Police
- Sutherland Council/Sutherland Service Inc.
- Public High Schools
- Local Business

I really believe that there are enough cultural pressures and messages imposed on this generation in regard to self image and that is why I highly recommend this program as a catalyst to help girls focus on their inner qualities in order to develop a healthy self esteem.

I highly recommend Esteem Designz if you are hoping to implement a program that will enhance a teenagers self image.

Thank you,

Jen White  
Youth Leadership and Development Training.



28 November 2011

**TO WHOM IT MAY CONCERN**

I would like to take this opportunity to endorse the Esteem Designz program developed by Ruth Lewis-Jones. I sat in on the program while it was recently held at Kingsway Community Church, and was really impressed at how well the program was structured, and how much effort Ruth had put in to the curriculum and activities. The girls attending were very interested and engaged in the program, and really seemed to gain a lot, both in terms of their appreciation of their worth and value, and in relating to people they may not necessarily usually be involved with. Ruth was able to integrate girls from different age and social groups with ease, and they responded to her very well.

I conducted an evaluation after the completion of the course, and surveyed the girls who attended. Those who replied were overwhelmingly in favour of the course, really enjoyed coming and being involved in the activities. One of the questions that I asked in the survey was: "What do you think you will take from the course and apply to your own life"? The responses included: "The positive attitude and advice, and I will be more confident in group situations, and deal with problems better"; and "I'd take things like 'I can do anything' and don't doubt yourself". I think these responses really sum up the impact of the course on girls at a crucial time in their self esteem development.

We have conducted self-esteem style courses for women at Kingsway previously, so I have an understanding of what is required to develop a course such as Esteem Designz. I admire Ruth's dedication and heart to see girls and women understand their intrinsic value, and to encourage them to take hold of the opportunities that are presented to them.

I am happy to be contacted to discuss my recommendation on 0409608012.

Regards

Fiona Madden  
PA to Team Leaders, and Women's Ministry.

# KURNELL PUBLIC SCHOOL

13 -31 Dampier Street  
Kurnell 2231



Phone: (02) 9668 9864  
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**BIRTHPLACE OF MODERN AUSTRALIA**

To whom it may concern,

Ruth Lewis-Jones ran Esteem Designz Program with year 6 girls through Shire Wide Youth Services.

The program helped and encouraged our girls to develop a positive identity, confidence, friendships.

I believe that it was a program that would be beneficial to other schools. I think this program gave the girls the opportunity to share their fears and concerns & to build on the values and beliefs that make them special and individuals.

A great support and enhancement to high school transition programs.

*Kind regards*  
*Jo Graham*  
*Principal*  
*Kurnell Public School*  
*Ph - 96689864 Fax 96688131*



At iYouth we found that Esteem Designz was a relaxed and open way for our young girls and leaders alike to explore body image, self-worth and confidence in an age that glosses over it.

The studies were easily adaptable depending on our numbers, were on topics of real relevance for our girls and were packaged in a bright and funky take-home booklet that everyone appreciated.

The studies also opened a platform for leaders and outside speakers to come and share on topics that were close to their hearts, opening a greater dialogue and space for reflection, learning and growth as sisters in Christ.

Esteem Designz offered a unique platform for our youth girls to take time away from their male-dominated youth program, make new friends and explore issues that are prominent in their day-to-day lives. It also worked well to bring the female leaders closer in relationship with one another.

We would recommend this program of studies to any group of young girls - regardless of size or time restraints.

Kind regards,  
Hannah Juanta

**Hannah Juanta**  
**Youth Worker**  
**Edwardstown Baptist Church**  
**E: [hannah@ebc.org.au](mailto:hannah@ebc.org.au)**  
**Ph: 8276 1040 | [ebc.org.au](http://ebc.org.au)**

30<sup>th</sup> July 2013

**To whom it may concern**

The Butterfly Foundation (Butterfly) is Australia's largest charity working to support people suffering from eating disorders and negative body image.

One of Butterfly's key services to the community is our education programs where we work to educate and inform the whole community (young people, professionals and parents) with the focus on prevention and early intervention.

Butterfly' education programs are evidence based and developed to consider emotional and physical development in young people from Year 3-Year 12. Materials address known risk factors, such as low self-esteem, body dissatisfaction and unhealthy practices with food and exercise – all which underpin the development of eating disorders. Materials aim to improve protective factors, have a positive focus and work to build body confidence and resilience in young people.

Whilst Butterfly does not endorse other self-esteem and body image programs in the community, we can acknowledge the positive work done by other organisations, businesses and individuals that actively promote Butterfly's key messages.

We do acknowledge that *Esteem Designz – A program encouraging teenage girls to explore self-esteem and identity through creativity* is a positive, health promoting, helpful and a supportive tool for teenage girls and we wish it every success.

Kind regards,

Danni Rowlands  
Manager – Education Services  
The Butterfly Foundation



**Butterfly**  
Foundation for Eating Disorders

Hi Andrew (Principal),

On behalf of my daughter, Maddison, I'd like express my thanks to yourself and other staff who are involved in the Esteem Designz Program, which was run at Miranda North.

Maddison looked forward to their weekly meetings and enjoyed her time on every occasion. It was a great learning experience for Masddison and often heard her comment on how 'cool' the activities were that they participated in.

This has been the most beneficial experience my daughter has undertaken this year.

I applaud the school chaplain, Jess for her enthusiasm. Her efforts contributed greatly to making this program a huge success.

The program is designed to build confidence, self-worth and life skills. **I believe all girls at Miranda North and any school would benefit from participating in this program and can't recommend highly enough that this program continues to benefit more children in the future.**

Regards

*Andrew Hodge*

A H Electrical

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[info@ahelectrical.net.au](mailto:info@ahelectrical.net.au)

### **Jas, Grade 8 Participant**

I discovered more about myself and learnt to trust and believe in who I am. Through the awesome projects I now know that I can cope with anything and learnt really helpful ways to deal with life. I also learnt that we all have a purpose and not to put others or ourselves down. I feel much more confident in myself.

### **Year 6 Girls, Kurnell Public School**

Thank you for making us feel like Sunshine and Rainbows. You made us shine brighter than ever before!

### **Teacher, facilitating Esteem Designz**

100% of my girls felt more confident in themselves after doing Esteem Designz Program. I was such a valuable and beneficial experience for them all.

### **Claire, Grade 7 Participant**

Esteem Designz was so fun! I loved all the activities and design projects. They were so cool, I loved holding up the finished projects and saying 'I did that'. I learnt to believe in myself and realised that I can accomplish anything I put my mind to.

### **Year 10 Participant**

Through Esteem Designz, I learnt to love myself and others around me. Also to just be positive. Esteem Designz helped me so much. I learnt how to handle hard situations and how to get my self esteem up more.

### **Taylor, Grade 6 Participant**

Esteem Designz was amazing! It was a great opportunity and A LOT of FUN!!! I learnt that everyone is beautiful in their own way and that you should love yourself no matter what. I also learnt that I am a strong person and can get through anything. After Esteem Designz I feel more confident about myself.

### **Teacher of a Public School**

The Esteem Designz program has greatly benefited two of my students. Since the commencement of the program they have become more readily engaged in class discussions, built more meaningful relationships with peers and developed great self-confidence. The girls loved participating in the program and enjoyed sharing their creative pieces with their families and peers.

### **Sarah, Grade 7 Participant**

I loved Esteem Designz. I learnt lots of ways to be more positive and confident in my self. The experience was so much fun and comfortable to share and discuss with others. All my projects look really amazing and are really useful – I use them all the time now.

### **Year 9 Participant**

I don't care what people say about me anymore and I feel great about that. I learnt that when life knocks you down, you got to keep going. Esteem Designz was really motivational and helpful.

### **Parent of Participant**

Thank you so much for Esteem Designz. My daughter looked forward to their weekly meetings and enjoyed her time on every occasion. It was a great learning experience for her and often heard her comment on how 'cool' the activities were that they participated in. This has been the most beneficial experience my daughter has undertaken this year. The program is designed to build confidence, self-worth and life skills. I believe all girls at all schools would benefit from participating in this program and can't recommend highly enough that this program continues to benefit more children in the future.

### **Year 10 Participant**

I feel more confident. I learnt not to label others. I liked decorating stuff, and talking with the group, and how to give advice and cope with hard situations.

### **Chaplain of a Public Primary School**

After making our encouragement cards, we circulated them so each girl could write something encouraging to the girls around them. Lastly we read all the nice comments written about ourselves. Veronica, Yr 4 burst into tears and exclaimed: "This is the first time somebody has ever written something so nice about me!"

### **Elouise, Grade 6 Participant**

Esteem Designz was awesome, fantastic and fabulous! I love it so much and I wish it never ended. Everything was so much fun and really easy to understand and follow. I realised that I can do anything and not to doubt myself.

### **Year 8 Participant**

I feel much more confident! I loved that everything had meaning and loved making things. My favourite part was doing the crafts, especially decorating the journal and when we passed around a sheet and wrote positive messages to each other. I became much more confident in myself and learnt to love myself and others around me.

### **Teacher, facilitating Esteem Designz**

The girls really enjoyed the design projects, although at times showed frustration when they struggled through parts of the design project but this aided the process of learning to persevere and push through these frustrations. This was a valuable learning experience. Working through the design projects created a casual atmosphere for the girls to open up and share deeper without feeling pressured or confronted. In one particular session strong emotions were expressed. This was a breakthrough in this group. Esteem Designz allowed each girl the opportunity to be heard, seen and celebrated. Being able to share what was on their hearts in a safe environment was a valuable experience for the girls.

### **Year 6 Participant**

Esteem Designz Program really changed my life. I felt isolated and excluded from the other girls in my grade, but through this program and the lessons we learnt about friendships and encouragement, the other girls included me more and became my friends. The whole grade became closer as we shared our troubles and gave advice to each other. It was really fun and I loved creating all the cool projects that helped us heaps.

### **Parent of year 8 Participant**

Esteem Designz Program was so great for my daughter. She really enjoyed it and didn't want it to end. She came home raving about the course every week. Thank you for really impacting my daughter.

### **Year 10 Participant**

I learnt how to deal with situations with family and friends when I'm going through a hard time. I was such an encouraging experience, and all the projects and discussion really helped me.

### **Parent of year 7 Participant**

It is such a valuable and needed program, thank you. My daughter really loved making all the designs and doing all the fun activities. I love that she learnt more about herself and can use the skills throughout life.

### **Teacher of a Public Primary School**

I want to thank you again for providing this program at our school. My girls have really come out of their shells and I can see it more and more as time goes on. Brooke has made more friends and Kaitlin is actively participating in all class experiences.

### **Year 6 Participant**

Esteem Designz Program was so much fun! It was so good because it taught us to encourage others and believe in yourself. I loved learning new things.

### **Primary School Chaplain**

For 6 weeks I was meeting with a girl in Year 3 one on one to explore why she was having such a hard time maintaining friendships. I knew she came from a broken home, but that was never something she brought up and when asked about her home life she would indicate that everything was fine. It wasn't until she was a participant in Esteem Designz and we were making our "hearts" that she revealed openly that "I still find it hard that my parents got divorced" The peer nature of this program really allows the girls to speak and support each other, rather than this always coming from the adult in their lives.

### **Year 10 Participant**

I feel much more confident in myself. I learnt to not to let anyone put you down and that don't have to be perfect all the time. I loved meeting together every week and grow in friendship and do fun crafts. It was so helpful for all of us.

### **Zoe, Grade 8 Participant**

I thought Esteem Designz was amazing! I had a really fun time, and made some cool designs, and learnt lots of positive things that I can use throughout life. I learnt lots about myself, through the journal activities and I feel different because I now know how to handle some situations better and how to work better in a group.

### **Year 6 Participant**

Esteem Designz Program really changed my life. I felt isolated and excluded from the other girls in my grade, but through this program and the lessons we learnt about friendships and encouragement, the other girls included me more and became my friends. The whole grade became closer as we shared our troubles and gave advice to each other. It was really fun and I loved creating all the cool projects that helped us heaps.

### **Year 10 Participant**

I learnt to believe in myself, that anyone can follow the crowd but it takes courage to try new things. It really helped me with my problems, and I'm now confident in myself.

### **Parent of year 8 Participant**

Esteem Designz Program was so great for my daughter. She really enjoyed it and didn't want it to end. She came home raving about the course every week. Thank you for really impacting my daughter.

### **Parent of year 7 Participant**

It is such a valuable and needed program, thank you. My daughter really loved making all the designs and doing all the fun activities. I love that she learnt more about herself and can use the skills throughout life.

### **Year 8 Participant**

I learnt to be who you are, not someone else. It wasn't always easy to do, but I did it and it turned out to be a good project. I am now much more confident.

### **Teacher of a Public Primary School**

I want to thank you again for providing this program at our school. My girls have really come out of their shells and I can see it more and more as time goes on. Brooke has made more friends and Kaitlin is actively participating in all class experiences.

### **Year 10 Participant**

I feel more confident in handling situation now. I really enjoyed hanging out with similar people to me and working to find out what makes us all unique. It was fun and such a worthwhile experience.

### **Year 6 Participant**

Esteem Designz Program was so much fun! It was so good because it taught us to encourage others and believe in yourself. I loved learning new things.

### **Primary School Chaplain**

For 6 weeks I was meeting with a girl in Year 3 one on one to explore why she was having such a hard time maintaining friendships. I knew she came from a broken home, but that was never something she brought up and when asked about her home life she would indicate that everything was fine. It wasn't until she was a participant in Esteem Designz and we were making our "hearts" that she revealed openly that "I still find it hard that my parents got divorced" The peer nature of this program really allows the girls to speak and support each other, rather than this always coming from the adult in their lives.

### **Year 6 Participant**

It really helped me develop into a High School student. I loved all the activities and games.

### **Zoe, Grade 8 Participant**

I thought Esteem Designz was amazing! I had a really fun time, and made some cool designs, and learnt lots of positive things that I can use throughout life. I learnt lots about myself, through the journal activities and I feel different because I now know how to handle some situations better and how to work better in a group.

### **Year 6 Participant**

Esteem Designz was a wonderful and creative program. It was really fun and I loved sitting and making things with my friends. I learnt so much.

### **Year 6 Participant**

Esteem Designz Program was the best! It was amazing and so much fun! I loved spending time with my friends and learning new things.

### **Year 7 Participant**

Esteem Designz Program was soo beautiful and I love all of it. It has encouraged me to be me! And helped me with my self-esteem. I also loved how its ALL girls – one on one time with each other, just us girls.

### **Year 9 Participant**

I feel much more confident. I learnt to be nice to people, forgive people and not be so stubborn. I loved the creativity and being able to talk while doing other things. Esteem Designz was great and good way to talk to others to get advice.

### **Year 8 Participant**

I loved Esteem Designz Program! It was really fun and a great experience. It got all us girls closer to each other and I didn't want it to end.

### **Year 6 Participant**

Esteem Designz Program was the best! It was amazing and so much fun! I loved spending time with my friends and learning new things.

### **Year 8 Participant**

I love how we did really fun craft and we all enjoyed it and had so much fun. It brought all the year 6 girls together and kept us smiling through the hard times. I love Esteem Designz Program!

### **Year 9 Participant**

I learnt that I'm important, and that I don't need to care about what others are thinking. I am more confident and really enjoyed everything we did.

**Year 6 Participant**

I loved learning heaps. It was really inspiring and I loved writing the encouragement boards and our worries and discussing them.

**Year 8 Participant**

I learnt to believe in myself and through Esteem Designz feel much more confident. Its very creative and I loved everything.

**Year 6 Participant**

I loved it because it taught us to be ourselves and let our inner-self shine.

**Year 9 Participant**

I am more excited to try new things now. The projects really helped me and gave me the motivation to keep pushing through. It was very fun.

**Year 6 Participant**

I love Esteem Designz Program because it brought all the year 6 girls closer together. I learnt more things about life and it made me feel more appreciative.

**Year 7 Participant**

Esteem Designz Program is amazing because it taught us that we are all beautiful and was very useful and helped us a lot and really fun.

**Year 9 Participant**

I learnt how to be self confident, and now I feel like I have more adults around the school that I can talk to. I loved the motivational speaking, and learnt to just have fun.

**Year 8 Participant**

I love Esteem Designz Program because we had so much fun, the craft was so helpful and full of positive comments. It helped me enjoy life more.

**Year 9 Participant**

I feel different, I feel more confident dealing with my problems such as friends and family. I now know it does not matter if things are messy because everything doesn't have to be perfect. It was so much fun and helpful.

**Year 6 Participant**

Esteem Designz Program made me feel really good about myself and I really needed that. It was really helpful and I got heaps of really good advice and it was so much fun.

**Year 8 Participant**

I feel confident being me now. I learnt not to let anyone put down who I am. I really enjoyed making everything and love it all.

### **Year 9 Participant**

I feel a lot luckier and happier about how my life is. I loved creating things that were actually useful in how you feel about yourself. It was fun and you get a lot out of it!

### **Year 6 Participant**

It was really helpful and fun and I loved it!

### **Year 7 Participant**

I really enjoyed creating because I love craft. I also really like when we talked about problems because it help me to handle friendships more. It helped us all.

### **Year 6 Participant**

I loved learning how to respect people and doing all the fun activities.

### **Year 9 Participant**

Through Esteem Designz, I now like who I am. I discovered I can do anything! I loved how we could make our own designs and how we chose to do things was up to us – we have choice in life. It was amazing, really fun and good to be with people and have support.

### **Year 6 Participant**

I loved how Esteem Designz Program was a girly group which felt like one big happy family. Every girl got to have a say and express themselves, and I believe this program was the highlight of our year.

### **Year 7 Participant**

I loved all the craft and being around friends. There were many funny moments we shared, as well as we opened up about what was going on in our lives. I was really fun and creative.

### **Year 9 Participant**

I learnt how to be self confident, and now I feel like I have more adults around the school that I can talk to. I loved the motivational speaking, and learnt to just have fun.

### **Year 6 Participant**

I loved how Esteem Designz Program was a girly group which felt like one big happy family. Every girl got to have a say and express themselves, and I believe this program was the highlight of our year.

### **Year 10 Participant**

I have grown in self-confidence through Esteem Designz. My favourite part was getting to talk about my problems or issues and not being judged, and making craft that helps me with my problems. It was amazing, fun and helpful, and loved the advice!

**Year 8 Participant**

I feel happier. I learnt it's not about making others accept you but it's about learning to accept myself. Esteem Designz was really good and helpful.

**Year 10 Participant**

I am a lot more confident with myself and my body image. I learnt to reject the negative comments people make. My favourite part was talking about my problems and about life.

**Year 6 Participant**

I loved Esteem Designz Program because it brought all the year 6 girls together. It showed us a fun and cute way to express our feelings.

**Year 9 Participant**

I feel I can now be myself around people I don't know. I really loved all the projects. I wasn't going to do it, but I am so glad I did!