



Steem Designz

Create . Empower . Inspire

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



Esteem Designz Program is an immeasurably valuable **resource** that can be a fantastic opportunity for YOU to create change and empower teenage girls.

Esteem Designz is a program encouraging teenage girls to explore self-esteem and identity through creativity.

It aims to gently take girls through a journey of self-exploration and empowerment, utilizing the **creative process** as a joyful, uplifting and transforming experience.

Purpose – Esteem Designz Program aims to be a **solution** to the ever-increasing issues and confronting pressures girls in **OUR community** are constantly facing, helping them navigate these challenging years and develop skills and tools to flourish in life.

Esteem Designz
Program

Creativity has the
power to heal



The creative process can be a health-enhancing and growth-producing experience. It is seen as an opportunity to express oneself imaginatively, authentically, and spontaneously; an experience that, over time, can lead to personal fulfillment, emotional reparation, and transformation.

Creativity helps us explore and look at things from different perspectives. It can be a key to unlock hidden feelings and attitudes and help us find direction and clarity through the relaxing and enjoyable process.

Esteem Designz Program is based on fun, interactive and meaningful design projects and activities. These are created to engage, equip and empower teenage girls to discover their unique characteristics, finding value and respect in who they are, providing subtle tools for life and achieving goals that boost self-confidence and worth.

The program covers 5 different carefully focused stages, each designed to stimulate, support and provide tools for life.

The activities and design projects are all designed to help the girls understand the focus of each stage in a fun and relaxed environment where they learn from each other and themselves.

As the girls create, their focus is on the Design Project, enabling deeper discussions, as the focus is not on the topic itself, but creating, helping eliminate feelings of threat or defensiveness.

The Design Projects gently prompt the girls to explore different ideas and ways to deal with situations in a memorable and completely involved approach, where they can continue the lessons throughout life.

The Program

Esteem Designz Program embraces the upcoming trend of **resilience**, complementing other programs with the unique creative approach, which in and of itself is an activity promoting resilience to try new things, be free to create something original, choose what they do, turn mistakes into triumph and learn from the creative experience.

Identified Theoretical Framework:

Esteem Designz Program utilises the concepts of art and expressive therapy, emotional design, choice theory, reality therapy, useability, ergonomics and empathic design to produce the most comprehensive, teen focused, responsible and effective program.

Psychologists, art therapists, counsellors, social workers and educators have been consulted throughout the development and design of Esteem Designz Program to ensure the resource responsibly meets and addresses the needs of teenage girls and their associations.

Esteem Designz Program is **flexible** and **easily adaptable** to suit different time constraints, age groups, structures and budgets.

Esteem Designz Program aims to reveal the value and worth of each individual and help girls **create** value, confidence, worth and self-respect.



Implementation

Just some of the great ways Esteem Designz Program can be implemented, would be within:

- in-school programs
- weekly sessions
- small groups
- lunch-time and afternoon activities
- one-day events/programs
- on camps
- church programs
- within welfare agencies
- drop-in centres
- holiday programs
- outreach programs
- youth group
- kids club
- after-school-care
- through mentoring programs
- individual use.

School Curriculum

Esteem Designz Program can play a **key role** in supporting the **Personal Development** strand of the PDHPE curriculum in **Schools** as well as reinforce resilience, develop friendships, social and emotional skills, promote unity and leadership and help girls respect themselves and those around them. It is also a fantastic resource to help girls transition into new experiences. It can be a joyful, uplifting and transforming experience.

Esteem Designz Program has also been reviewed and included in the KidsMatter Primary Programs Guide – a national schools welfare initiative.

The main concept for Esteem Designz is **empowering** teenage girls to **help themselves by helping others**. Introducing the immense **joy** of giving, which lifts the spirit, and taking them outside their own worlds, to glimpse the struggles and needs of others, helping them realize they are **not alone**.

This concept is also based on the **ripple effect**. A small group of teens who have developed skills and knowledge can then **impart** to those **around them**, who in turn effect those around them and so on, empowering teens to **empower each other**, learning from themselves as they encourage others.

It will also have a **ripple effect** within their **own lives**, through the exploration of self-esteem and identity; other areas within their life have an opportunity to **develop and grow** as well.

Age Suitability

Esteem Designz Program is very **expansive** in its reach and impact. The **key age group** is girls in **grades 5-10** but Esteem Designz Program has been continually **proven** to work very effectively with younger girls and girls in senior High School and young adults.

Girl's Resource Kits

A key tool of the program is the **Design Projects**, giving the girls an opportunity to learn through the relaxing, expressive and growth-producing experience.

The Girl's Resource Kits have been carefully created to really **value** the girls with high quality designs to help the girls feel important and worthy of something special. The kits help **engage** the girls in the **full experience** of the program, helping them learn through the entire process, encouraging them with tools for life.

The kits include the Reflective Journal, Clue Cards for life, the Encouragement Cards the Instructions Booklet, and all templates and materials for each Design Project.

The kits are beautifully packaged and can be personalised by the girls, to safely keep everything together throughout the program.

The Design Projects in and of themselves are the **lessons** of each stage. They represent the key message, a practical tool or coping strategy, provide an expressive and reflective outlet, and enables ongoing learning and development as girls continue to use the Design Projects.



Girl's Resource Kits

Girl's Resource Kits

The Girl's Resource Kits are beautifully packaged, ready to go and easy to use.
NO WORK FOR YOU!



Girl's Resource Kits

HOW TO FUND Esteem Designz Program:

The Girl's Resource kits are \$60 each – beautifully packaged tools to empower girls that are ready to go and easy to use – which means no work for you.

The Facilitator's Resource Manual is \$80 – and has all the instructions needed to run the program + additional games and activities. It has been designed to be easily implemented by anyone. It comes with additional online RESOURCES, which include step-by-step films of the design projects and images of finished projects for inspiration and direction and more.

In regards to **funding**, these are some options that schools, churches, community / welfare organisations have used:

- Organisation have paid for it all
- Organisation split the cost with the parents
- Cost is put into the term or weekly fees
- Parents pay it all (with a note that if they have financial issues to come and see the organisation).
- P&C pay or split
- Local church members or/& local businesses sponsor girls - this includes others in empowering girls.

These are the main options that have been use, but there are also other fundraising ideas on the website.

HOW TO RUN Esteem Designz Program:

Esteem Designz Program consists of 5 stages that can be taught over a period of five to ten weeks or more. Esteem Designz Program is **flexible** to meet the needs of each group. The program works best if **small groups** can be formed with a facilitator/leader in each to guide the discussions and Design Projects.

The **optimum structures** of Esteem Designz Program includes:

- 5 x 2hr Weekly Sessions
- 10 x 45min-1hr Weekly Sessions
- Weekend Retreat – 5 x 1 ½hr sessions over the weekend
- Esteem Designz Program can also be extended for as long as it takes, slowly working through each stage and outcome (2 terms ++).

Please check out more options online.

WHO? Teachers, Youth leaders, volunteers, parents, chaplains, youth workers, pastors (and more) could all effectively run Esteem Designz Program - ANYONE can empower girls - easy to follow manual.

HOW TO ORDER Esteem Designz Program:

Simply go to the Esteem Designz website www.esteemdesignz.com.au and click the subheading 'TO ORDER' and buy the resources through the online cart. There is also the option to download an Order Form.

All the activities included in Esteem Designz Program consider the fragile characteristics of teenage girls, gently prompting them to **express, explore, and share** their experiences, allowing them to **choose their actions**, helping them feel that they are **helping themselves** and can continue to after the program.

Mingling / Time Filler Game

Optional activity to run for girls to have something fun to do while arriving and waiting for entire group to arrive. This helps eliminate awkward silence and gets girls having **fun together** straight away. These activities are more useful when running the program where the girls will be arriving separately.

Warm up Game

Activity to help the girls feel **comfortable** and **safe** to participate, getting to know each other in a fun and relaxed way.

Additional Games – If Needed

Extra fun and interactive **games** if the program runs more quickly than expected or extra time is given. More additional games are included if you wish to change or add more to the program.

Design Projects

Creative and fun projects designed to help the girls understand and implement each stage of the program and **achieve goals** that **boost self-confidence** and **worth**. These projects are designed to help students **express their identity** and be used as a tool to continue the lessons outside the program.

Discussion Points and Group Reflections

During the Design Projects, there is a great opportunity to help the girls further explore the focus of a particular stage and **get insight** into where they are at, **give advice** and **explore helpful topics**. It is a **really gentle** approach as they don't feel threatened but more like a casual conversation, as the focus is not on them, but on creating. These discussion and reflections give girls the opportunity to **respond** and **share**.

Reflective Journal Activities

Within the Journals included in the Girl's Resource Kits there are questions to help the girls **discover** more about their unique characteristics, exploring their identity and **empowering** them to have more **respect, confidence** and **security** within themselves.

Esteem Designz Program aims to help girls discover more about themselves and develop **confidence** to **embrace** who they are and continue to **GROW** through the Design Projects, Discussions and Reflective Journals.

Stage 1 of the program is about **discovering who you are** and focuses on exploration.

Through **creative activities** and discussions, girls have the opportunity to explore and discover their own **identity**, strengths, unique characteristics and grow in **self-confidence**.

Developing these **foundational issues** of self-understanding and awareness, helps girls have more **respect**, confidence, and **security** within themselves, having more control of their situations, relationships and feelings, to **better face** whatever comes their way.

Stage 2 is about **acknowledging difficulties**, struggles, things that pull us down and hold us back and focuses on **expressing and sharing**.

Girls have the opportunity to **acknowledge and share challenges** they are currently facing, have overcome and those they may encounter. Through creative activities and discussions, girls learn **strategies to identify** these challenges and **take control** of them, as well as helping them understand the concept that challenges can **make us stronger and help us grow**.

Stage 3 is about **overcoming** – how to deal and cope with these difficulties and focuses on **empowering teens**.

Through creative activities, girls are **empowered** to **choose** how they respond to challenging situations and discuss and develop strategies and coping mechanisms to overcome these issues. The focus is on girls sharing advice and learning from themselves and others as they **build a resource** of helpful and encouraging notes for when they face hard situations.

Stage 4 is about experiencing the **joy of giving** and focusing on **uplifting the self** by uplifting others.

Girls are given practical, creative activities to **experience** the **joy of giving** and **encouragement**, which **helps improve** their **self-image** and **outlook** on life. Not only are they giving to others, but they are also learning from their own support, advice and encouragement.

Stage 5 is about **sharing knowledge** and **experience** and focuses once again on **exploring themselves**.

Through reflective, creative activities and discussions, girls are encouraged to **share** what they have achieved and learnt through the program, their experiences and changes they have made. By accomplishing these goals, the girls learn to **believe** in themselves, helping them realise that they can **achieve anything**.

"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." - Jas, Grade 8 Participant.

"I recommend Esteem Designz Program as a fun and meaningful way of building resilience and self confidence in girls. This enjoyable experience, supporting the development of a positive sense of self, has a diverse range of benefits, including enhancing social skills, building trusting relationships, increasing self-awareness and awareness of others and creating a great sense of achievement and worth!" - E. Reeks, B.Sc. (Hons) MAPS Psychologist.

"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 is flexible, affordable, engaging, accessible and effective in bringing a unique opportunity to invest in the potential of our girls as they navigate the challenging years of adolescence."
- Z. Erickson, EO of Gen8 and social worker.

"The investment in Esteem Designz was well and truly worth it. The girls were blown away when they received their beautiful kits, feeling so special to receive something so good... We hoped for our girls to BREAK FREE and that is exactly what Esteem Designz Program enabled our girls to do, empowering them with practical strategies and confidence to overcome their struggles."
- C. Byrnes-Mikelsons, Program Coordinator – Jacaranda Cottage and social worker.

"I would encourage any organization working with young women to consider using this program. 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. The girls looked forward to the engaging and clearly outlined creative projects each week and were always amazed at and proud of what they had created. It was a wonderful experience that created a great sense of worth and unity."
- A. Mundy, BTea, Teacher & Children's Pastor.

"Thank you for making us feel like sunshine and rainbows, you made us shine brighter than ever before." - Year 6 girls of a local public school.

"As a social worker and educator in the youth work field, I feel very excited by this new and diverse program, which 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. The program can improve girls' chances of 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."
- Deborah Holden, B. Soc. Stud. Grad. Dip. Voc. Ed. Cert IV in Training and Assessment.

"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 realised that I can achieve anything." - Taylah, Grade 6 Participant.

Esteem Designz Program



Give this
GORGEOUS
meaningful
life-affirming
GIFT
Today!

E: info@esteemdesignz.com.au
FB: www.facebook.com/Esteem.Designz1
Insta: [esteemdesignz](https://www.instagram.com/esteemdesignz)

FOLLOW US



To order or for more information, please go to:
www.esteemdesignz.com.au



Helping **GIRLS**
CREATE
VALUE
CONFIDENCE
WORTH
& Self-Respect



EMPOWERING