

Want to **EMPOWER**
Teenage Girls?

help them develop

SELF-ESTEEM

& IDENTITY With...

Esteem Designz

Create . Empower . Inspire

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

www.esteemdesignz.com.au | info@esteemdesignz.com.au

Esteem Designz Program is an immeasurably valuable resource that can be a fantastic opportunity for YOU to equip and empower girls to be confident in their identity, be valued and develop crucial skills and tools to flourish in life.

✦ Why EDP is so Critical ✦

Girls in our community are facing ever-increasing issues and confronting pressures, such as constant comparison, deceiving messages of perfectionism through the media, peer pressure, unrealistic expectations, being self-absorbed and many more.

Studies indicate that teenagers are increasingly becoming discontent and detached from life, and that one in five suffer from emotional or behavioural problems with little or no intervention or treatment, resorting to self-destructive ways to deal with life (Group 2009).

Studies also show that to effectively respond to the problems teens face, the underlying issue must be addressed, that of low self-esteem, the primary origin of all problematic behaviours (Candito 1996).

Low self-esteem can lead to disappointment, loneliness, the inability to cope with change and challenges in life, self-destructive behaviours – exclusion, depression, anxiety, suicide, eating disorders, violent behaviour, substance abuse, careless or pressured sexual activity, poor social skills and relationships, joblessness, no motivation, poor mental and physical health and more.

Esteem Designz aims to be a solution to these issues, imparting self-worth, self-confidence, identity, self-awareness and self-belief – the foundations to navigate the challenging developmental years, as well as equip them with practical life skills and tools to help them to endure and thrive through life's challenges.

Psychologists, art therapists, councilors, 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 empowers girls to effectively engage in the society around them, modelling and encouraging others to develop the strategies they themselves have applied.

✦ We Want to Partner With You ✦

At Esteem Designz, we understand that schools have a vital and privileged role in the development of student's self-awareness, identity and ability to cope with change and difficulties, and would like to partner with you to achieve this.

We would love to answer any questions and discuss how you can implement these valuable resources within your school.



✦ About Esteem Designz Program ✦

Esteem Designz Program is a comprehensive resource encouraging girls to explore self-esteem and identity through CREATIVITY.

Each girl receives a beautifully packaged kit; ready to go and easy to use - all the work is done for you, and the Facilitator's Manual is also easy to use and flexible to meet your group needs.

Esteem Designz Program is based on fun, interactive and meaningful Design Projects and activities. These are created to engage, equip and empower girls. The Design Projects are expressive and practical tools / coping strategies that the girls can continue to use throughout life.

Just some of the great ways Esteem Designz Program can be implemented would be within in-schools programs, whole-grade weekly sessions, small groups (at-risk girls or interest-based), lunch-time & afternoon activities, one-day events/programs, on camps, within welfare agencies, through mentoring programs, and for individual use.

Participating in Esteem Designz Program is a joyful, uplifting and transforming experience.

Esteem Designz Program can play a key role in:

- Supporting the welfare and Personal Development strand of the PDHPE curriculum in Schools
- Reinforce resilience
- Develop a positive sense of self and self-management
- Practice strategies to overcome challenges and change
- Form positive and respectful relationships
- Grow in social and emotional skills
- Achieve goals that boost self-confidence and worth
- Promote unity and leadership
- Cultivate critical skills in choice making, communication, encouragement and problem solving + +
- It is also a fantastic resource to help girls transition into High School and other new experiences, and runs parallel to the White Ribbon initiative
- Helping girls engage positively with themselves, those around them, and their communities.
- It has also been reviewed and included in the KidsMatter Primary Programs Guide (National Welfare Initiative).