

Empowering Girls to See Their TRUE BEAUTY + Resources

"Only 2-4% of girls think they are beautiful...
What about the other 96-98% of girls?"

.....

Recognising and Appreciating Real Beauty

Knowing that only 2-4% of girls consider themselves beautiful is heart breaking!

But we can all play our part to help girls know the truth of their unique and valuable beauty.

Every girl has a beauty profile that should be shared with the world around her. But so often she doesn't even know it herself. She doesn't realise the beauty she can in fact claim.

Help girls develop their TRUE profile of beauty and strength with this week's included resource.

Everyone has beauty, let's make an effort to encourage those around us and speak out the beauty we see in others.

Let's change girls in our sphere of influence to KNOW and appreciate their true beauty.

Resource Activities

My True Profile Cards – explore one's beauty, uniqueness, value and strength.

Print these cards on cardboard.

You can get girls to fill these cards out on their own, or get into pairs / small groups and help each other know their beautiful characteristics.

Doing it in groups, helps girls see the beauty in others as well as themselves and can be a very uplifting and affirming experience.

You can get the girls to read out their TRUE profiles once finished.

They can decorate these cards or create a poster / sign for them to hang in their rooms and be constantly reminded of their real beauty and strength.

Found on page 3.

Discussions on following page.

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Resource Activities Cont.

Discussions

- Why it is so important to understand your unique beauty?
- How can we help others understand and believe their beauty?
- How can we better understand and believe our own beauty?
- What are some of the lies that media, other people or we have said that make us forget or not see our true beauty?
- How we can remind ourselves of the truth about who we are, instead of believing the lies?

My TRUE Profile Card ... I am beautiful ...

What makes ME beautiful?

What makes ME unique?

What makes ME valuable?

What makes ME strong?

5 reasons I can be confident in MYself?

- 1.
- 2.
- 3.
- 4.
- 5.



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