

## Leader Introduction

*“Did you know? Six out of ten girls stop doing something they love because they feel bad about the way they look\*.”*

**YOU** have the power to change that!

Imagine a world where no one is worried about the way they look.  
A world where people are free to be themselves...

We can't get there without **YOU!**

GSEP is excited to be a part of a national grant program that will reach more than three million girls worldwide. The Free Being Me program is a one-of-a-kind program for girls in grades 2-10 co-created and sponsored by the Dove Self Esteem Project and the World Association. The program engages girls in fun and interactive activities around the themes of body confidence and self-esteem. *Free Being Me* is designed as a five session journey culminating with a Take Action project in which girls reach out to at least two other girls with their body confidence messages. Using the *Free Being Me* program, together with the *It's Your Story-Tell It!* Journey series, girls explore issues of beauty and body confidence and build their leadership skills. On the next page, activities from the World of Girls and *aMUSE* Journey are referenced to help girls dig deeper into these issues while working towards their Journey awards.

Girls who complete the program will receive a Free Being Me patch.  
Complete [this form](#) to receive the girl patches.

# World of Girls Leadership Journey Connections

## World of Girls Session 3

*Sweet, Spicy, Smooth, and Bright:* The different peppers in this activity get girls thinking about how we are all similar and diverse at the same time!

*(Page 53, Adult Guide)*

## World of Girls Session 4

*Stretching Towards Our Best:* This opening ceremony gets girls sharing their personal talents or skills.

## World of Girls Session 5 & 6

*Drawing Ourselves:* This creative activity gets girls drawing self-portraits in a new and different way. Girls use different colors and shapes to represent different aspects of themselves, and get to know each other better through those pictures.

*(Page 53, Adult Guide)*

## World of Girls Session 7 & 8

*Ads Among Us:* This activity gets girls thinking about the stories- both real and fictional- that ads tell about girls. Then they create their own ads telling their own stories!

*(Page 53, Adult Guide)*

*We Are Like This:* Girls check in with how they are feeling personally and as a group with this short activity that asks girls to pretend to take a snap-shot of how they are right now.

*(Page 53, Adult Guide)*

# aMUSE Leadership Journey Connections

## aMUSE Session 2

*Girls are Supposed to Be...* This opening ceremony gets girls to think about what we expect them to be, and how that might limit who they really are or want to be.

*(Page 35, Adult Guide)*

*Quick Draw:* Girls use art to express how they picture various roles in life. Then they discuss how what they see, might influence who they believe should play certain roles, and further challenge their assumptions.

*(Page 38, Adult Guide)*

*Role-Play Switcheroo:* Girls role-play to understand how girls and boys might act differently in the classroom. Then they think about how they play out stereotypical gender roles in their daily lives.

*(Page 39-40, Adult Guide)*

## aMUSE Session 4

*Ads Assume...* This activity gets girls to talk about how certain pictures and images are chosen in advertisements. Girls begin to understand why similar images are used with certain groups, and create a new ad incorporating a more diverse representation of their world.

*(Page 50-52, Adult Guide)*

## aMUSE Session 5

*First, the Stereotype:* Girls get a refresher on what they've learned about stereotypes, and then use their interests to create a topic for their Speak Out! Story.

*(Page 58-59, Adult Guide)*

## aMUSE Session 9

*Defining Real Beauty:* Girls have a discussion about the true diversity of beauty, and use works of art to make their points.

*(Page 79-80, Adult Guide)*

*Picture This!:* Girls learn that portraits are about much more than what a person looks like- they often represent how someone thinks and feels, and even what they do!

*(Page 81, Adult Guide)*

*Mirror, Mirror:* Girls use mirrors to make their own self-portrait incorporating not just what they see, but how they feel, how they want others to see them, and what they want to do in life.

*(Page 82, Adult Guide)*

## aMUSE Session 10

*Sharing Our Accessories:* Girls bring a special accessory that represents a part of who they are. They then put on a fashion show using the confidence that their special accessory gives them.

*(Page 85, Adult Guide)*

*Our Bodies: Beautiful and Strong:* Now that girls have learned that women and girls can take on any role they choose, they look at women taking action and understand how their bodies allow them to accomplish their dreams and goals.

*(Page 86, Adult Guide)*

*Thanking Our Bodies:* This reflective closing ceremony asks girls to show appreciation for how their bodies allowed them to have such a great time at their Final Celebration.

*(Page 88, Adult Guide)*

# Session 1

## Goals:

*Girls will be able to...*

1. Learn that everyone is special for different reasons, and what's inside matters most.
2. Understand that there is a narrow definition of beauty presented in our society.
3. Recognize that there's more than one-way to look beautiful.

## Supplies:

1. Circle of gold/yellow paper per girl
2. Pencils
3. Container to represent pot of gold
4. Markers
5. Crayons
6. Large piece of paper per group
7. Beauty Around the World facts sheet
8. Signs saying 'true' and 'false'
9. Paper
10. Real Role Models sheet

## Opening: Take Part Pledge

*15 minutes*

1. Bring the girls together into a circle. Ask: Are you ready to take part and speak out during this Free Being Me program, and have fun along the way?
2. Have the girls shout, "Yes we are!"
3. Before you jump into the activities with the girls, set up some guidelines to help everyone feel comfortable and able to trust those around them.

4. Ask the girls to suggest and agree on the rules together, write them up and display them in the meeting place. Suggestions for some rules are:
  - a. We will do our best to actively take part and contribute.
  - b. We will listen to other people.
  - c. We will listen to the leaders.
  - d. We will be kind to one another at all times.
  - e. We will respect the opinions of others.
  - f. We will ask a leader for help if something is worrying us.

### Activity: Pot of Gold

*10 minutes*

1. Have everyone sit in a circle.
2. Then say: "In Ireland, there is a well-known legend about the leprechaun (a mischievous Irish fairy). He had lots of treasure that he kept locked inside an old pot, hidden at the end of the rainbow. We are all special, a bit like the leprechaun's treasure. Except, what makes us really special comes from inside us. We can be kind and brave, loving and clever. Sometimes we keep what is special about us hidden deep inside. Let's try to share it with each other!"
3. Every girl gets a piece of paper and writes their name on one side. Then they should write something they think is special about themselves on the other side.
  - a. Something they're good at, such as climbing, painting, or science.
  - b. Character qualities, such as being patient or curious, helpful or adventurous.
4. Collect pieces of gold in the pot and shake them up. Each girl picks out a piece of gold and reads the name and the special something. Then she hands the gold back to its owner and gives her a "high-five"
5. Once everyone has their gold back, ask everyone to shout "We are all amazing" together.

### Activity: The Princess List

*20 minutes*

1. Organize the girls into small groups. Give each group a large piece of paper and drawing materials.
2. Ask each group to choose a popular fairy-tale princess character they all know, and spend five minutes drawing a picture to show what their character looks like.
3. Encourage the girls to discuss the character's specific appearance features (i.e. long hair, blue eyes) as they draw. Focus on what the character looks like, rather than what she is wearing.

4. Bring the groups into one circle and put all the drawings in the middle.
5. On a piece of large paper, write at the top 'perfect-looking princess?'
6. Say: Look at all these great drawings! Do you think the princesses share similar features in the way they look? Let's see how many ways they look alike that we can spot.
7. When the girls finish creating the list, read the features back to them. Say: So the 'perfect-looking' princess has...
8. Wrap up the activity by asking:
  - a. Isn't it strange how similar all these princesses look?
  - b. Can you think of other places we see this princess look? (Media, TV, celebrities, etc.)
  - c. In real life, do lots of girls have all these features?
9. Say: You're right. Actually, we often get told the story that there's only one way to be beautiful. The list you wrote describes the look that's shown a lot in our society. But it's not true-there are lots of ways to be beautiful. There's no such thing as a perfect look!
10. Cross out the words 'the perfect-looking princess' that you wrote at the top of your list.
11. Say: We know there can't be just one way to look beautiful, because even in this group we all look different and that's even truer if you travel around the world. So let's explore some of the many different ways people can be seen as beautiful around the world.

### Game: Beauty Around the World

*15 minutes*

1. Explain to the group that they will play a game to discover how ideas about beauty that come from society are different around the world and have changed over time.
2. Mark one side of the room with the 'true' sign, and the other side with the 'false' sign.
3. Gather the girls in the middle and tell them to "freeze."
4. Read out the facts below. Players should listen to the whole statement and decide whether they think the statement is true or false.
5. Give the girls a few seconds to move to the side of the room they have chosen.
6. Once everyone is there, read out the information under the fact. Bring the girls back to the middle and read the next fact.
7. Ask: Were you surprised that all the statements are true? Which were the most surprising? Say: We've just found out that societies around the world in the past and the present have had lots of different ideas about what is beautiful. Think back to the list we put together about how princesses are shown in movies



and on television. Can we really believe that list is telling us the truth-that it's the only way to look beautiful, when beauty is seen so differently around the world? What do you think?

## Art Project: Free Being Me Gallery

*10 minutes*

1. Say: We've learned that, in different countries, the message about how people should look is different. So we can see that there isn't only one way to look beautiful. Now let's celebrate how unique we all are-it's not just about how we look! It's what's on the inside that matters most. There are lots of different ways we're all fantastic!
2. Give each girl a piece of paper and lay out the drawing materials.
3. Explain to the girls that they are going to spend five minutes creating a picture of themselves doing something they love. The picture should show them doing something they love using their bodies, such as their favorite game or sport, making things, hugging their friends, etc.
4. After they have created their drawings, help them to write a positive message on the picture, showing:
  - a. What they are doing
  - b. What is special about their body because it enables them to do something.
5. Give the girls a chance to share their picture with the group and read the positive message they've written.
6. Hang up the pictures. Ask each girl to find a partner.
7. Say: If there are so many different ways that we can be special, and so many amazing things that our bodies let us do, there can't be just one way everyone should look! This is a great message to share with other people, so they can feel more confident to be themselves. Practice that now by turning to your partner and telling them that there isn't just one way to be beautiful, and what's inside matters most.

## Closing: Personal Challenge: Real Role Models

*5 minutes*

1. Ask the girls to think of someone they know in real life, such as a friend or family member, who they really like and find inspiring. Ask them to:
  - a. Bring a photo or drawing of this person to the next meeting.
  - b. Think of one reason why they really like the person and write it down.
2. Bring the girls together into a friendship circle and close the meeting.

## Session 2

### Goals:

*Girls will be able to...*

- a. Celebrate their friends' good qualities and recognize their own.
- b. Recognize that appearance isn't an important factor in forming friendships or valuing others.
- c. Realize the downsides of trying to look the way society tells them to.

### Supplies:

1. Blanket
2. Soft toy/ball per group
3. Completed role model templates
4. Tape
5. Once Upon A Time Handout
6. Paper
7. Colored pencils
8. Dice
9. Large pieces of paper
10. Glue
11. I Like Me Fortune Teller Handout

### Opening

*5 minutes*

1. Gather the girls in a circle and welcome them to the meeting.
2. Say: In this session we're going to learn more about what can happen if people try too hard to change their appearance to match the princess look we talked about in the last session. Thinking there's only

one way to be beautiful can make people unhappy. We're going to practice helping others to appreciate their good qualities and enjoy life without getting caught up in trying to look a certain way.

3. Dismiss the circle for the next activity.

## Game: Pelele

*15 minutes*

1. Gather the girls into groups with a blanket and enough space for everyone to hold the edge. Put a soft toy/ball in the middle.
2. Explain that this game is played by children in Spain at the beginning of Spring.
3. Learn this simple chant:  
Pelele, Pelele, we like you,  
We like you just the way you are,  
Pelele, Pelele, we like you,  
And we like (name) too!
4. Chant the verse and use the blanket to toss Pelele high in the air. In the last line, say the name of one person in the group, and stop moving the blanket.
5. The person named then repeats their name, and says something they like about their skills or personality (For example, I'm Ava, and I'm good at swimming.)
6. Ava then lets go of the blanket, runs clockwise around the circle behind the other participants, and back to her place, taking hold of the blanket again.
7. Everyone else who thinks they're good at swimming should copy Ava and run around the circle at the same time.
8. Once everyone is holding the blanket again, repeat the chant but replace Ava's name with the person on her left.
9. Wrap up the activity by asking:
  - a. How did it feel to say something nice about yourself?
  - b. Was it easy to decide whether to run around the circle or not?
  - c. Is it more common to compliment people on their looks, or on what's inside them?
10. Then say: It's good to be proud of who you are, and what you're good at!

## Share: Role Model Personal Challenge

*15 minutes*

1. Gather the girls around a blank space on the wall where you can display pictures.
2. Invite each girl to:
  - a. Share their role model drawing/photo
  - b. Reading out the statement they completed under the picture
  - c. Then tape their role model on the wall
3. When everyone has shared their role model, thank the girls for their contributions.
4. Ask: So what is most important to us when choosing our friends?
  - a. Is it good to like people because of how they look?

### Activity: Once Upon A Time

*20 minutes*

1. Ask the girls to sit in a circle.
2. Read the story to the group.
3. When you are finished, hand out paper and colored pencils. Ask the girls to find a partner and draw the two main characters, Millie the mouse and Gilly the mouse.
4. Then ask the girls to create groups of eight and designate one person as the leader.
5. Have them put the Millie picture on the floor and answer the following questions:
  - a. Can you all tell me one thing about Millie's character; what she's like or what she likes to do?
6. Then put the Gilly pictures on the floor and answer the following questions:
  - a. Can you all tell me one thing about Gilly's character, what she's like or what she likes to do?
7. Then have a discussion with the whole group by asking:
  - a. In the story, what did Gilly miss out on because she was worried about the way she looked?
  - b. Why does Gilly try so hard to change the way she looks?
  - c. How do you think this makes Gilly feel?
  - d. What do you think the story is trying to tell us?
  - e. Does hearing about Gilly and Millie make you think differently about how you see yourself?

\*You should have reached the stage where girls understand:

1. The differences between the characters
2. That Gilly feels under pressure because of what she sees in the media.
3. That feeling she has to look a certain way doesn't make Gilly happy, and has a lot of downsides.

## Activity: A Happy Ending

*15 minutes*

1. Put the girls into groups of four and have them choose one of the pictures of Gilly that they drew earlier and tape it onto a large piece of paper.
2. Then ask each group to write a number next to the matching part of Gilly:
  - a. Ears
  - b. Nose
  - c. Tail
  - d. Fur
  - e. Eyes
  - f. Paws
3. Say: We're going to help Millie show Gilly that what she looks like isn't the only important thing about her. For example, in the story, Gilly worries about her whiskers being straight. Millie could say that Gilly's whiskers are great just as they are, because they help her find her way through the woods. Let's come up with some good examples of what Gilly can do with her body, instead of what it looks like.
4. Have the girls take turns rolling the dice and come up with something great about the part of Gilly that matches the number on the dice. The first group to roll all six numbers wins.
5. Give each group a chance to share their new Gilly.
6. Say: We know that there's no such thing as one way to look beautiful. Perhaps Gilly needs to understand that too. So what else would you like to say to Gilly? Turn to a friend and take turns to pretend you are talking to Gilly. Tell her something you've learned to help her stop worrying about how she looks.

## Closing: Personal Challenge: I Like Me Fortune Teller

*5 minutes*

1. Give each girl a fortune teller handout. Explain that before the next session they should create their fortune teller.
  2. Bring the girls together into a friendship circle and close the meeting.
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## Session 3

### Goals:

*Girls will be able to...*

- Increase their confidence by practicing saying positive things about themselves in front of others.
- See that pictures in the media aren't always true, as they have been airbrushed.
- Challenge the media message that there's only one way to look beautiful by creating their own media piece.

### Supplies:

1. Completed Fortune Tellers
2. Pens
3. Paper
4. Airbrushing Spot the Difference Handout
5. Props
6. Colored pencils
7. Markers
8. Star-shaped paper
9. Construction paper
10. Glue

### Opening

*5 minutes*

1. Gather the girls in a circle and welcome them to the meeting.
2. Say: In this session of Free Being Me, we're going to learn about the messages the media send to make people feel there's only one way to be beautiful. Because we know that's not true, we're going to speak out against it by making our own media and show people around the world that it's good to be unique.
3. Dismiss the circle for the next activity.

## Share: Fortune Teller

*10 minutes*

1. Explain to the girls that they are going to use their fortune tellers to discover some of their friends' great qualities and have the chance to share their own.
2. Show the girls how to fold their fortune teller correctly using these instructions:
  - a. With the pictures face down, fold on both diagonals. Unfold.
  - b. Fold all four corners to the center.
  - c. Turn paper over.
  - d. Again, fold over four corners to the center.
  - e. Fold paper in half and unfold.
  - f. Fold in half from top to bottom.
  - g. Slide thumbs and forefingers under the square and move the fortune teller back and forth to play.
3. Ask the girls to find a partner.
4. Say: Sometimes it's hard to say the things we like about ourselves out loud, so we're going to get some practice. Saying things we like about ourselves makes us feel good, so we should do it as much as we can!
5. Now have the pairs play the game:
  - a. One girl picks a number.
  - b. The other girl opens and closes the fortune teller that many times; alternating the direction they open it in.
  - c. Once they've done this, the girl chooses a number.
  - d. Her partner opens the flap matching the number, and reads out their "I like me...." sentence.
6. Have the girls do this twice, and then swap to the other girl's fortune teller.
7. If the girls have time, ask them to switch partners.

## Activity: Airbrushing Spot the Difference

*15 minutes*

1. Say: Remember the 'perfect-looking' princess list we created in our first Free Being Me session? The problem is, if girls don't look like the fairy tale princess they might feel left out, and feel bad about themselves. By having one look that gets put forward as being beautiful, it leaves everyone feeling left out because nobody really looks exactly like fairy tale princesses in real life.

2. Continue by asking: Did you know that even celebrities, film stars and real life princesses don't always actually look like the pictures you see of them? This is because of computer airbrushing. Does anyone know what airbrushing is?
3. Discuss with participants until everyone understands the concept of airbrushing and digitally altering images. This is when images of people, often celebrities or models, are changed using a computer, to look more like society's idea of a 'perfect' look. This isn't what they look like in reality!
4. Have the girls break into small groups, give each group a copy of the airbrushing handout. Ask them to spot the differences between the 'before' and 'after' images, and mark them on the sheet.
5. When everyone has finished, read out the answers so the groups can see how many changes they spotted.
6. Then wrap up by asking:
  - a. Was it easy to spot all the differences?
  - b. If you had only seen the 'after' picture, do you think you would've realized it had been airbrushed?
  - c. If even celebrities and film stars get airbrushed, do you think it's possible for anyone in real life to naturally look like these pictures?
  - d. Do you think it's fair that we don't get to see pictures showing people as they really are?
  - e. What would you say to a friend to tell them why they shouldn't bother comparing themselves to airbrushed photos in a magazine and on TV?

## Activity: Change the Media

*30 minutes*

1. Say: You have been given the chance to take over the media- like the TV or a magazine- to share one quick message with the world to inspire people to feel confident about who they are, and what they look like. Let's prove the media wrong, and show that there isn't just one way to look beautiful!
2. Tell the girls their task is to create a mock media story that they can share in three minutes. It should be based on something they have learned during the Free Being Me program.
3. Each group should agree on the key message they want to give and write it down. Some examples are:
  - a. *"Breaking news- there isn't only one way to be beautiful! Reports from around the world prove there are many different ways to look good."*
  - b. *"Free to be me- an interview with an Olympic athlete who tells us why what her body can do matters more than what it looks like."*



- c. "Looking good, MY way. A new magazine is launched to *celebrate feeling good about who you really are, instead of comparing yourself to the media.*
  - d. "New number one hit inspires girls to *shout about how great they are, on the inside!*"
4. Groups should then choose any type of media they want, such as:
  - a. News story
  - b. Magazine front cover
  - c. Music video
  - d. Advertisement
  - e. Interview
5. Give the girls about 20 minutes to prepare their piece.
6. Then bring the girls back together to share their piece with everyone.
7. Wrap up by asking:
  - a. Did you enjoy seeing everyone's media moments?
  - b. Would it be good if the media sent messages like these in real life?
  - c. What was your favorite body confidence message?

### Closing: Personal Challenge: You're My Star

15 minutes

- Ask the girls to find a partner.
- Say: We've seen that the media spends a lot of time telling people there is only one way to be beautiful, and that looks matter more than anything else. We know that's not true, so we're going to keep speaking out to share a different message. Let's tell the people we know that there's not just one way to be beautiful, and looks aren't the only thing that matter. Let's encourage everyone to appreciate themselves without worrying about trying to look the way the media tells them to.
- Next, give each girl a star-shaped paper and help them write down a positive message that they would like to share with others.
- If girls have time, allow them to decorate their star.
- Take a group photo with everyone holding up their stars.
- Encourage the girls to put their star on display somewhere other people will see it; at home, school, place of worship, etc.
- Bring the girls together in a friendship circle and close the meeting.

## Session 4

### Goals:

*Girls will be able to...*

1. Celebrate their strengths and identity and practice being body confident.
2. Practice spoken challenges to the idea that there's only one way to be beautiful.
3. Summarize what they have learned from Free Being Me.

### Supplies:

1. One ball of string, per group
2. Feeling Great Handout
3. Pens
4. Paper
5. Free Being Me Pledge Card

### Opening

*5 minutes*

1. Gather the girls in a circle and welcome them to the meeting.
2. Say: This session of Free Being Me is about you. We're going to practice speaking out against the idea that looks are more important than anything else. We're also going to think about the difference we can make if we take action to share the messages we've learned with the world around us.
3. Dismiss the circle to the next activity.

### Activity: Ringa Ringa

*15 minutes*

1. Say: In some countries in Africa, women use songs and stories to teach girls to be confident and proud of what they look like. This is a popular song from Association des Guides du Burundi, Africa. Every line has the same tune.

2. Get the girls excited about the song and encourage them to clap, sway, and dance.
3. Practice Ringa Ringa both in Kirundi (the language spoken in Burundi) and in your own language.
4. Sing a line and then have the girls repeat each line. Replace 'Lucy' with the name of someone in the group, and 'smile' with something great about that person, until everyone has been celebrated. The words are pronounced phonetically.

RINGA WE **LUCY** RINGA! RINGA!

Be proud, Lucy, be proud! Be proud!

RINGA COO BWEEZA BWAYWAY! RINGA

Be proud of your beauty! Be proud!

WABOO-HAWAY IMANA YAWAY!

It was a gift when you were born!

RINGA WE **LUCY** RINGA! RINGA!

Be proud, Lucy, be proud! Be proud!

## Share: You're My Star

*15 minutes*

1. Ask the girls to form small groups and gather in a circle. Give one girl the ball of string and while holding the end, throw the ball to someone else.
2. The girl who catches the string, tells the group:
  - a. What her star message was.
  - b. How she shared it.
  - c. Why she thinks her message is important.
3. She then holds the loose part of the string and throws the ball to another girl.
4. Repeat until everyone has talked about their star message, ending with the girl who threw the ball first.
5. This creates a web of connections between the girls. Say: When we do something positive in the world around us, like sharing our star messages, we're not acting alone. Around the world, millions of Girl Scouts are taking action in their communities and helping others to feel good about themselves. Like this web connecting each of you, there's an invisible web connecting all of us to those millions of Girl Scouts. All those little actions add up to make a big change in the world.

## Activity: Feeling Great-Treasure Hunt

*25 minutes*

1. Choose eight to ten messages from the 'Feeling Great' handout and hide each one in a different part of your meeting place.
2. Ask the girls to form small groups.

3. Say: Hidden around the meeting place are some secret thoughts coming from girls like you. It's your job to find as many as you can and, each time, to think of something to say that will help them understand that there's no such thing as one way to look beautiful.
4. Tell the girls the number of messages hidden, so they know when they've found them all.
5. Each group should hunt for messages. When a group finds a message, the leader reads it out. The group thinks of a positive reply, which shows that there isn't just one way to be beautiful.
  - a. For example, in response to, "My friends won't like me if I'm not pretty", a group could say, "Don't worry, we don't agree! People like you because of who you are, not what you look like!"
6. Leaders should write down the positive messages they hear. The groups should return the messages back where they found it for another group to find.
7. Continue until all groups have found all the messages.
8. Wrap up by asking:
  - a. Are there times when you've worried about things, the way the girls in those messages did?
  - b. What message do you think will help you not to worry in the future?
  - c. What was your favorite message from the ones your group came up with in this activity?

### Closing: Free Being Me Pledge Card

*15 minutes*

- Give each girl ten minutes to create and decorate her Free Being Me Pledge Card.
  - Explain that the promise they are being asked to make is about the little things they can do to help themselves, and others, feel more confident about their bodies. For example:
    - "I promise not to say anything hurtful to friends that might make them worry about their looks."
    - "I promise to remind people that there isn't just one way to look beautiful."
  - Encourage the girls to share their cards with their friends and family.
  - Bring the girls together in a friendship circle and close the meeting.
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# Session 5

## Goals:

*Girls will be able to...*

- Share what they have learning during Free Being Me, taking the lead to show others that there isn't just one way to be beautiful.

## *Supplies:*

1. Paper
2. Large Paper
3. Pencils
4. Planning Template

## Opening

*5 minutes*

8. Gather the girls in a circle and welcome them to the meeting.
9. Say: This is the most exciting session yet, because we are planning how we can take action, and spread the messages we've learned from Free Being Me far and wide!
10. Explain the four main steps to making change happen:
  - a. See the change: We will understand the difference we're trying to make, and what it can mean for other people.
  - b. Plan the change: We'll decide on what we'll say to make a difference, and plan what we'll do to give people the message.
  - c. Make the change: We'll put our plan into action!
  - d. Share the change: We won't stop there-we will think about what we can do to keep the message going, and share what we've been doing with other Girl Scouts around the world.
11. Dismiss the circle to the next activity.

## Activity: See the Change

*20 minutes*

1. Say: This is our chance to think big. What if every girl in our country, or even the whole world, understood, like you do, that there is more than one way to be beautiful, and that what's on the inside of a person matters more than what's on the outside?
2. Lead small groups to discuss these questions:
3. How do you think each person would feel if they understood that everyone is important and beautiful the way they are?
4. What would it mean to our whole community if everyone got that message?
5. Give the girls about ten minutes to create a large drawing or mind-map to represent their ideas.
6. Then give each group a minute to explain their ideas to the whole group.
7. Say: Well done, those are amazing ideas. If we work together, along with all the other Girl Scouts around the world who are taking part in Free Being Me, we really could make a huge difference.

## Activity: Our Message

*5 minutes*

1. Say: Now that we have a big picture of what we want to achieve, we can think about how to make it happen. First of all, let's work together to come up with the main things we've discovered from Free Being Me that we want to share with other people to improve their body confidence.
2. Ask the group to think back to each of the Free Being Me sessions.
  - a. What did we do?
  - b. What did we discover or find out more about?
3. Write down the answers on a large sheet of paper.

## Activity: T-shirt Message

*10 minutes*

1. Say: A great way to start a conversation is to share your message on a T-shirt for everyone to see! Just imagine if we all walked around our town together, wearing T-shirts that had a message on them, people

might ask what it meant. If you wanted to get people's attention, to get them talking about what we've learned from Free Being Me, what would your T-shirt say?

2. Ask the girls to work in pairs and spend 5 minutes designing their own T-shirt message. Here are some ideas to help:
3. "You are amazing just as you are."
4. "Be yourself!"
5. Then ask each pair to shout out their messages to the rest of the group.

## Activity: Action Plan

*30 minutes*

1. Say: Now we've imagined what the world would be like if everyone felt free to be themselves, without worrying about the way they look. You know the messages you want to tell people, and our T-shirt messages will help us get people talking. It's time to decide what our Take Action project will look like and who we would like to reach in our community. This is the really fun bit, where you get to let your imaginations go wild!
2. If small groups want to work on their own Take Action projects, this is where they can start planning. If you're planning a whole group Take Action project, small groups could come up with different ideas then hold a vote to decide the final project.
3. Use or adapt the 'Planning Template' to help the girls think through what they want to achieve and how to make it happen.
4. Say: Well done everyone, we're so excited about this Take Action project, and we can't wait to start our very own body confidence revolution!

## Closing

*5 minutes*

1. Bring the girls together in a friendship circle and close the meeting.
-

## Next Steps: What to do now!

### Make the Change

*Discuss It:* Beforehand, you might like to discuss with the group:

2. How will you know your Take Action project has been a success?
3. What are you most excited about?
4. Do you have any worries?

*Record It:* Take photos or film your event. Count the number of people who took part.

### Share the Change

Great work! The Take Action project has happened, and you've reached children and young people in your community with your Free Being Me message. We are sure you don't want to stop there....

*Look Back:* Make a little time to evaluate Free Being Me. Here's one way you could do this:

1. *River journey:* Girls describe their journey from beginning to end of Free Being Me as a river journey, starting near the source and travelling towards the sea. In small groups, they can draw out the river and the journey they took, labeling it if they'd like. Then share as a whole group. Ask questions like:
  1. Where did the river flow fast and they enjoyed it and learned a lot?
  2. Were there any trees blocking their way?
  3. Did they reach forks in the river where they had to make decisions?
  4. Did the way they looked at the world around them change on the journey?

*Let's Celebrate!* Award the girls their Free Being Me patch.

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The Princess List



# Beauty Around the World Facts

## Somewhere in the world...

*...It is considered that big women are beautiful.*

In Mauritania in Africa, it's desirable for women to be as big as possible. Unfortunately, sometimes girls are even force-fed to make them more attractive.

*...Very high hairlines and big foreheads were thought very attractive—and people would pluck their hairline to make it higher.*

In 16<sup>th</sup> century England, the ideal beauty was the Queen, and she shaved her hairline to create a big forehead. Whatever she did, her people wanted to copy. In China a similar practice existed with men, where they would shave back their hairlines to mimic male pattern baldness. During the Qing Dynasty the hairstyle was even law for all men!

*...Caucasian people with tanned skin are considered more beautiful, so women and men will sit under big lamps, spray paint their bodies or rub lotion into their skin to tan it.*

In countries like Australia, the UK and the USA, many people want to look like they've been in the sun and have tanned skin, so they tan themselves with lotion or sunbeds or spend a long time in the sun. This can be dangerous and bad for your skin.

*...People feel it's more beautiful to have a lighter skin tone, and women and men will rub lotion into their skin to whiten it and avoid going in the sun.*

In many places in Asia, Africa, North and South America, lighter skin is often considered more attractive. People with lighter skin are often favored for prestigious jobs and for roles in movies and TV. Because of this, some people believe they will be more successful with whiter skin.

*...Straight hair is considered beauty ideal and many women use chemicals to straighten their hair, or even sew in hair extensions.*

In much of the Western Hemisphere women with curly hair, particularly women of African descent work hard to make their hair straight. In Asia, long straight black hair is seen as beautiful.

*....People say a beautiful woman has a very curvy figure.*

In many Latin American countries, for example Brazil, curvy women are the most admired-although this is starting to change because of the influence of other countries; people in Brazil are starting to see being thin as beautiful.

*...In an attempt to appear younger, women will remove most of their body hair through waxing, shaving, or other depilatories.*

In Western countries young women start to shave their legs and armpits to fit the cultural standard of beauty, which means having no hair just like a young child or baby!

*...A uni-brow—where both eyebrows join together in the middle—is seen as beautiful in women.*

In Tajikistan, women feel very lucky if their eyebrows grow across their foreheads. If they don't, they use a herbal mixture to draw a line and join their eyebrows together.

*...Having a plump curvy bottom is the most beautiful way to be.*

In Jamaica, dancing is very important. Women with bigger bottoms can wiggle them a lot when they're dancing, which people find beautiful.

*...Having crooked teeth is considered beautiful*

In Japan many women are embracing their crooked teeth, and even going so far as to wear a fake tooth that makes their smile crooked. This new trend is called "yaeba" and it is believed that a woman looks more youthful and endearing with crooked teeth.

# Real Role Models

Who's your role model?

My role model is .....

<p>I know them because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>I really like them because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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## Once Upon A Time



Once upon a time, there was a mouse called Millie, who liked nothing more than spending a day playing with her friends, swimming in the pond and eating her favourite kind of cheese as a treat. Millie's best friend was called Gilly.

Gilly was great fun to be around, and made everyone giggle. Before Gilly went out to play though, she would always try to make sure she looked dressed up. Her whiskers would be polished, her claws painted and her fur brushed and shiny. She liked to sneak a look at her mum's favourite magazine, MouseGirl, she thought that if she tried hard to look like the mice in the magazines and on the TV, it would mean that she would fit in better at school and have more friends.

One warm sunny day, Millie, Gilly and their friends agreed to go to the pond for a swim. Millie knocked on Gilly's door to collect her. She waited... and she waited... then she knocked again. "Gilly?!" she called up to her friend's window. Eventually the door opened, and Gilly's mum came out looking cross. "Gilly's still getting ready, I'm afraid," she said. "Why don't you go and get her, I've been trying to get her to go outside all morning!"

Millie ran upstairs to find Gilly brushing her fur. "Come on! We've missed loads of fun already, your fur looks great how it is!" said Millie. Gilly didn't think so - she looked miserable. "I can't possibly go out like this! Look at me, I look like a sheep not a mouse!" Millie thought her friend looked perfect the way she was, and told her so. Gilly didn't listen.


"Come ON, Gilly!" Millie said. Eventually, Millie helped Gilly straighten the last bit of fur. Gilly stole one last look at the mirror, straightened a

whisker, and finally went outside.

The warm sun beamed down on them as they ran happily to see their friends at the pond. As she ran, Gilly tripped on a stone and stumbled. "Whoops!" said Millie, "are you ok?" "N—n- no!" whimpered Gilly. "Look at my claw polish! It's ruined!" Millie looked, and there was a tiny chip on Gilly's claw. "Never mind," said Millie. "You can always repaint it when you get home". "But it looks awful now!" Gilly said sadly. "Everyone will laugh at me - I'll see you later, I'm going home to re-do it." "No you don't! We're late already, come ON! No-one's going to care!" Eventually Millie managed to persuade Gilly to keep going.

They reached the pond and everyone was excited to see them. Millie jumped into the water and made a huge splash! Everyone laughed, even the lifeguard, except Gilly who ran quickly backwards to avoid the splash. "Come on Gilly, your turn!" everyone yelled. "Oh no," Gilly said. "I've just come to watch - I've just brushed my fur and I'll look awful if it gets wet." Millie and all her friends tried to persuade her, but it was no use.

All day, Gilly sat on the edge of the pond with her paws in the pool, watching the others. She wanted so much to join in, but she was worried that the other mice would think she looked silly. At lunch time, she joined in the picnic but wouldn't eat even a little bit of the cheese Millie had brought - she was worried she'd get fat.

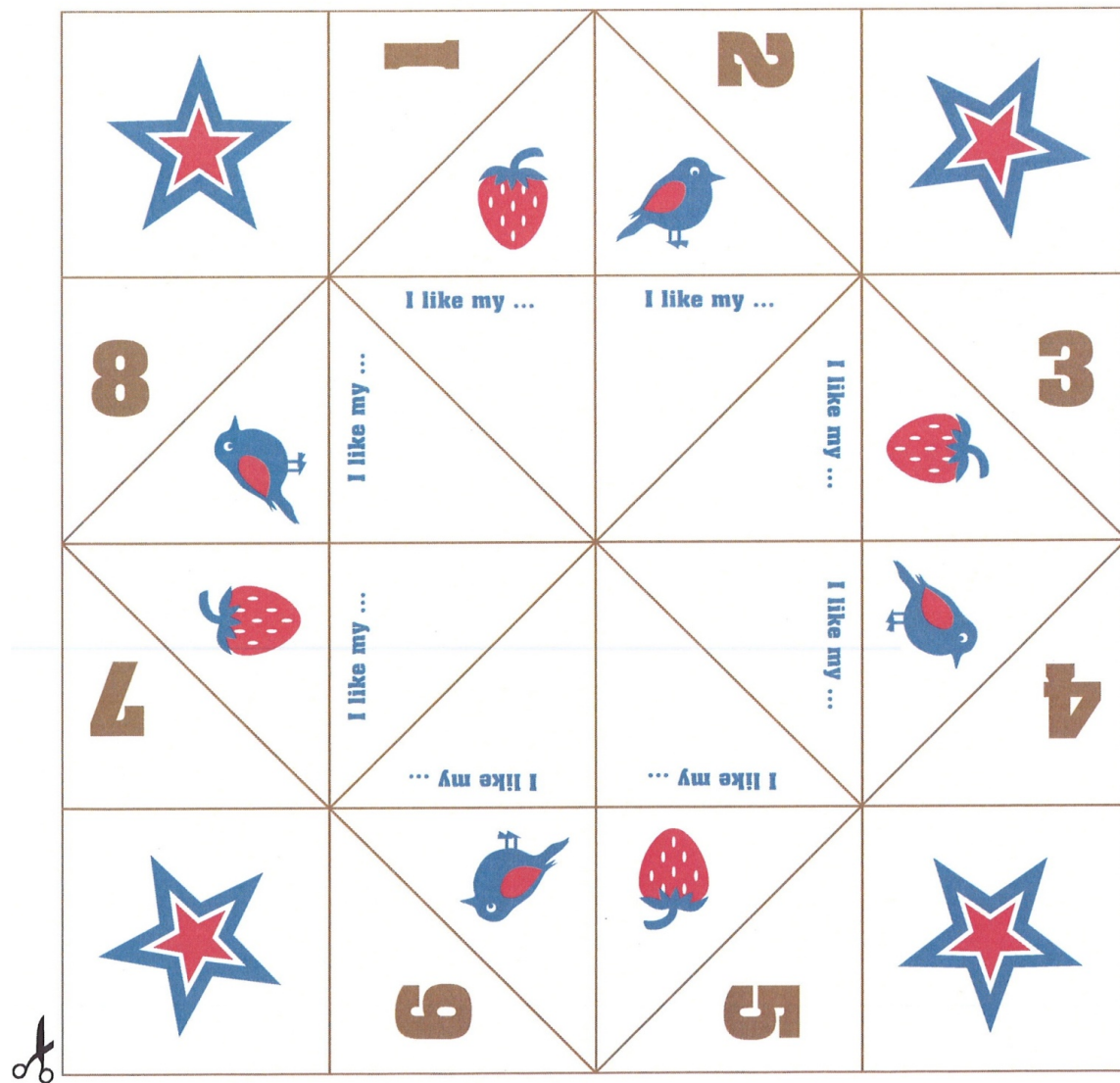
After their long day playing in the sunshine, everyone went home to bed. Millie couldn't sleep though. She lay awake feeling a bit sad that Gilly wouldn't join in, and didn't seem to be having fun like everyone else. How could she help Gilly, and show her how much more fun it is to be yourself? She wasn't sure... 

# I Like Me Fortune Teller

Fill out this fortune teller with eight special things you like about yourself. Make at least four of them about the way you look!

**Don't fold it yet...**

Bring it to the next *Free Being Me* session.



Airbrushing: Spot the Difference



Original



Retouched



Original



Retouched

## Feeling Great messages

I don't want to go swimming anymore because my knees look knobby.

My hair is really frizzy, everyone else has straight hair. I should straighten mine.

My clothes are babyish, I'm going to get teased.

My friends won't like me if I'm not pretty.

I'm shorter than my friends! I don't think I'm ever going to grow tall.

If I'm not popular, I'll never have any friends.

My shoes are really ugly. People will laugh at me.

Perhaps I should try wearing make-up to make me look older?

Everyone in this TV show is tall and skinny. I feel really ugly when I compare myself to them.


My sister said that skirt looks silly on me.



My tummy sticks out. I better wear a baggy T-shirt.

If I don't like pink, I'm not a normal girl.



# Free Being Me Pledge Card Template



.....

..... 2)

.....

..... 1)

I promise to do my best to share these messages by...



.....



..... 2)

.....

..... 1)

By taking part in Free Being Me, I have learned...

## **Free Being Me key messages**

.....

There isn't just one way to look beautiful.

.....

What's inside matters the most.

.....

It's great to appreciate what our bodies can do, as well as what they look like.

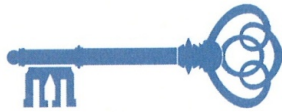
.....



It's important to be yourself. We are all different, and that makes us special.

.....

People don't decide if they like you or not just based on what you look like.

.....



# Take Action Planner



Take Action stage	Ideas	Our notes
What do we want to tell people?	Use the ideas you came up with as a whole group of what you all learned from <i>Free Being Me</i> .	
Who do we want to share our messages with?	School pupils, friends, family, other youth groups, people coming to community events.	
How can we encourage people to take part?	Use your T-shirt slogan in some way – can you put it on your invitation?	
What will our Take Action project look like?	Run a café, stage a show, have a sleepover, run a special Girl Guide/ Girl Scout meeting, have a party, hold a community event, take over a school assembly or break-time...	
Where will our Take Action project happen?	Your meeting space, school, community space, outdoors, your house...	
Who will do what?	Give each person a job and make sure everyone is included.	
Do we need any help?	Think about who you might need help or permission from.	
What resources do we need?	Pens, paper, food, drink, chairs, tables, music, laptop...	