SESSION PLAN

Youth Group: Ages 10 to 16

Topic: My Body, My Story: Building Confidence & Positive Body Image

Learning objective:

- Help girls understand what body image is
- Explore how media and society shape body ideals
- Promote self-love, confidence, and healthy habits
- Encourage open conversation and support among peers

Materials Needed:

- Mirror or photo examples (realistic vs edited)
- Sticky notes or "I am…" cards
- Pens and a confidence object (optional)

Icebreaker – "One Thing I Love About Me" (3 minutes)

Purpose: Build self-esteem and positive focus

Instructions:

- Go around the group or use sticky notes.
- Each girl shares or writes one thing she likes about herself - it could be physical, a personality trait, or a talent.
- Examples: "I love my curly hair", "I'm a great friend", "I'm funny"

Emphasise:
"There's so much more to you than how you look."

What is Body Image? (3 minutes)

Ask the group:

- "What do you think body image means?"

Facilitator Input:

Explain simply:
"Body image is how you see your body when you look in the mirror, and how you feel about your appearance."

It can be:

- Positive (feeling good about how you look)
- Negative (feeling unhappy or comparing yourself to others)

Media & Social Pressure (5 minutes)

Activity: "Truth or Trick?"

- Show printed or digital images (celebs, influencers, ads)
- Ask: "Do you think this photo is real or edited?"
- Discuss filters, angles, lighting, editing apps, and the highlight reel of social media.

Ask the group:

- "Have you ever felt like you weren't good enough because of something you saw online?"
- "How does that make you feel?"

Facilitator Notes:

- Reassure them that even the people in the pictures don't look like that all the time.
- Talk about how beauty doesn't have one definition.

Body Talk & Self-Respect (4 minutes)

Discussion: "Would You Say That to a Friend?"

- Read out common negative self-talk statements (e.g., "I hate my legs", "I wish I looked like her").
- Ask: "Would you say that to your best friend?"

Make the point:
"If it's not kind enough to say to someone else, don't say it to yourself either."
Encourage kindness towards ourselves and others.

Reframing & Empowerment (3 minutes)

Activity: "I Am More Than My Body"

- Each girl completes a sentence:
  - "I am more than my appearance. I am…"
  - Examples: "…brave", "…a loyal friend", "…creative", "…strong"

Let them say it out loud if comfortable or write it privately.

Closing Affirmation Circle (2 minutes)

End on a positive note:

- Everyone stands in a circle.
- Pass around a "confidence object" (like a sparkly ball or a flower).
- Each girl says a positive affirmation or message:
  - "I am enough", "I love who I'm becoming", "I'm proud of my body"
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If time is tight: Facilitator can read affirmations aloud and ask the girls to repeat them.