

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"
 -

If time is tight: Facilitator can read affirmations aloud and ask the girls to repeat them.

SESSION PLAN



Youth Group: Ages 10 to 16

Topic: My Body, My Rules: Understanding Consent

Learning objective:

- Help girls understand what consent means
- Teach them it's okay to say no - and to expect their "no" to be respected
- Explore everyday scenarios (not just romantic/physical) where consent applies
- Build confidence to speak up, ask questions, and seek help

Materials Needed:

- Coloured cards or objects for "yes, no, maybe"
- Consent scenario cards
- Pens & optional stickers or affirmation cards

Icebreaker - "Yes, No, Maybe" (3 minutes)

Purpose: Introduce the idea of comfort zones and personal boundaries in a non-threatening way

Instructions: Read out a few fun or everyday situations. Girls respond by standing or raising a coloured card for:

- YES (green)
- NO (red)
- MAYBE (yellow)

Examples:

- "Would you want someone to read your diary?"
- "Do you like hugs from friends?"
- "Would you lend your phone to someone else?"
- "Is it okay to share someone's photo without asking them?"

Facilitator Notes:

Discuss how everyone's answers are different – and that's completely okay. That's the idea behind consent.

What Is Consent? (4 minutes)

Ask the group:

- "What do you think consent means?"

Define together:

"Consent means giving permission for something to happen - and it must be freely given, clear, and enthusiastic."