

The self love project curriculum

Step by step guide, changing one mindset at a time.

A large teal square graphic containing the title 'THE Self Love Project' in a bold, sans-serif font. The word 'THE' is smaller and positioned above 'Self Love', which is above 'Project'. Horizontal lines flank the word 'THE' on both sides.

— THE — Self Love Project

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Introduction

Hi!! Welcome to the self love project. The self love project is based on helping middle school aged girls grow their self love and confidence but doing it in a healthy and fun way. In this day and age social media plays a huge role in self confidence and self love, even if you don't see it.

Within the last few years social media numbers have skyrocketed and most of these accounts are coming from teenagers. Social media can be used to so much good but like everything has its downfalls. It is full of a lot of negative energy and instead of building girls up usually ends up bringing girls down. This is where the Self Love project came from, we are here to create a safe place on social media while helping each girl form healthy habits. With the help from you and the resources I have provided we can all change one mindset at a time, together.

If you would like to share the video I recorded of the presentation here is the link

<https://share.vidyard.com/watch/TdGZr6or2RXoKuHRrgkY2C?>

Who and why?

Who is our target audience?

Middle school age girls

Why?

Like touched on in the introduction, middle school age girls are at a difficult time in their lives. Often still trying to figure out who they are and need a place they can go to and feel accepted regardless of anything.

These girls are most impressionable when it comes to things like this. So if they continue to see and hear the negative words from “influencers” it will affect their confidence and self esteem.

How?

We can help by taking this curriculum and the resources provided around and help spread the word. This project is meant to open each girl's eyes to options, and help create healthy habits that only boost their self esteem and others around them.

Survey

For each presentation it is suggested that you give the survey below (you can also find a printable version at the end of this document) before starting the presentation and then a couple weeks after to see if they provided any growth.

These surveys are meant to be anonymous and not to be shared with anyone outside of the presentation unless they provide information that needs to be addressed immediately.

Having these surveys helps you to continue to build your topics and allows the project to keep evolving.

<https://www.surveymonkey.com/r/MPPRLFL>

Self love

This topic is hard to discuss when it comes to this age group because they might be too afraid to answer questions and or engage in conversation.

We never want to make the audience feel uncomfortable, share personal examples/ stories! Make a connection with the audience.

Never ask a personal question and expect someone to answer it. This presentation should be more about making sure your audience takes the message away, not entirely to engage in the conversation.

If an audience member wants to participate and answer questions let them! If one girl sees it happening maybe it will allow her to build up the courage and speak up.

Always start the conversation by introducing yourself, you want your audience to feel comfortable around you.

The best thing you can do is to share your past experiences and what you did to overcome them. Show them they are not alone.

Remember this isn't a lecture but a way to provide safe resources.

Good habits

****these will all be in the printables section**

We need to help teach girls about healthy habits. Allow them to grow with them. My favorite thing to do is always journaling (7 day journaling guide available).

Affirmations!!!

the action or process of affirming something or being affirmed. (definition if needed)

Explain what they are and how to use them.

Again use personal examples!! Make connections

Social media

We have already touched on social media at the beginning of this curriculum but now we are going to dive deeper into it.

In the slides provided for you we talk about the statistics of social media and the proper ways to use it.

- Show them how to find privacy setting and how to have them set in an appropriate way

Stress the importance of safety

Digital footprint- “digital footprint or digital shadow refers to one's unique set of traceable digital activities, actions, contributions and communications manifested on the Internet or digital devices. Digital footprints can be classified as either passive or active”

Digital footprint is a big thing to talk about!! These take forever to go away, if they even do go away.

Understanding why

2022 is a lot different than 2010 so you can imagine how different it is from the 90's and 80's. These kids don't always feel heard when they speak up about their feelings. It is our job to hear them and validate their feelings.

Avoid using the terms

- "Well think of how bad xyz has it"
- "Just stop worrying about it"
- "You are being over dramatic"

Let them be heard and then approach the situation. Sometimes both parties need to take a step back from the conversation, do that! That is showing the girl you are in check with your emotions and value her feelings.

We want to bring this presentation to them and open doors that create a safe place and possibly give a girl someone to talk to, because we never know who or what is happening at home.

Remember how you felt at that age, think you are talking to your younger self or even your little sister at that moment.

Resources

Provide as many resources as possible.

****use different approaches for all**

This allows us to reach a greater number of the audience

Resource #1

The self love project website!!

On the website you will find all the resources for both adults, program directors, and kids!!

videos , pictures, clickable links, statistics, and more are available on the website

<https://madisonbm77.wixsite.com/my-site>

Resource #2

The self love project instagram

On instagram they will find a SAFE place to interact where motivational posts are made bi-weekly/ monthly, Interactive stories, and shareable items.

Follow @_selfloveproject

Instructor notes

This is so important because this is the next generation of women. We want to build these girls up now and start healthy habits before they get older.

Add and take away what is appropriate for your audience, remember to build connections and create those safe places for these girls. <3


Printable papers and activities

***7 day journal guide**

https://e1707b30-2111-4084-8f2e-201dbc937a55.filesusr.com/ugd/ae32dc_7e0cd00f740f442daf6a032b29d5ecac.pdf

***Google slide presentation**

Again change what is needed for your audience

 The self love project

Survey goes onto next page
For digital use the link below

<https://www.surveymonkey.com/r/MPPRLFL>

Have you ever felt like nobody understands?

Yes no

Have you ever felt like you were not good enough?

Yes Kinda No

Have you ever written your feelings in a diary?

Yes, often sometimes No, never

Do you have someone you can talk things out with?

Yes Kinda No

Do you think you use social media safely?

Yes Maybe No

Do you know the basics of personal hygiene and why they are important?

Yes somewhat No

When talking about yourself do you speak kindly?

Always Sometimes Never



Rainy days bring pretty
gifts

weather the storm, your
sunny days are coming.



@_selfloveproject



Today seems like a good day to start



