**WAGGGS Free being Me Workshop**

Free being me is a non formal educational program established in 2013 by World Association of Girl Guides and Girl Scouts and the Dove Self /Esteem Fund. Free Being Me program is designed with fun and interactive actives for children and young people to learn about body confidence and self esteem come from valuing their bodies, standing up to social pressures and supporting others to be more body confident. *Beauty lies in the eyes of beholder*

Free being Me aims to strengthen children's body confidence and self esteem through interactive activities, designed by experts in body confidence. The program has reached girls and boys from over 101 countries since 2014with following themes:

* **Change lives:** *Free Being Me* has been created with world-leading experts in body confidence. Studies have shown that taking part in activities like those in *Free Being Me* has a lasting impact on girls’ wellbeing.
* **Community reach:**at the end of the activities, your group will Take Action! You will reach out to your local community, boosting the body confidence of more children and young people, and raise the profile of Girl Guiding/Girl Scouting where you live.
* **Especially for you:**written especially for our non-formal Girl Guiding/Girl Scouting setting, *Free Being Me* reflects the World Association’s values and focus on developing skills for life.
* **Develop young leaders:***Free Being Me* is ideal for peer educators or young leaders to run. Peer leaders may help girls and boys feel comfortable with taking a more active part in the activities

The workshop empowers to speak out and challenge the Image Myth in lots of different ways, boosting their body confidence and having fun at the same time. Finally, Free Being Me challenges participants to take the lead by taking action in their community, sharing what they have learned with their peers.

During the sessions, scouts learn to stand up social pressure and challenge beauty stereotypes promoted in media. They also take opportunity to do "take Action" project where they engage with others to pass on body confidence message, promoting health body image to their siblings, family, friends and community,

Grab the opportunity by registering in the link below:

<https://bit.ly/2TIw1iH>

The deadline to register is 3rd June 2020.