

Other Ideas and Activities

- **Show it!**
Encourage young people to be proud of what they do and what they enjoy whether it's sport, creative activities, playing musical instruments, collecting things, helping others. Consider show and tell or even celebrate by putting on a show for parents/ carers or for the rest of the school group
- **Teach It!**
Encourage any young person with a particular skills or talent to have a go at sharing it and teaching the rest of the class/ group
- **Display It**
Create a mural with contributions from as many people as possible to represent the diversity of pupils attending

- **Log It!**
Encourage young people to keep a diary or scrapbook of their year throughout the Everybody Campaign, documenting the things they have tried, learnt and enjoyed
- **Reward It!**
Ensure any reward systems are based on effort and enthusiasm as well as achievement. Certificates, stickers, crowns, stars, prizes— any positive medium that encourages and reinforces young people to see their worth beyond physical appearance and image
- **Sign up!**
CAMHS are offering free workshops for young people to help boost body image and self-esteem. These are on a first come first serve basis. For more info email hdove@nhs.net

Do you have your own ideas? Let us know so we can share with other organisations who have signed up to be involved with the Everybody Campaign

RESOURCES TO WATCH, READ AND LISTEN

- <http://www.inourhands.com/skills-building/promoting-positive-body-image-ideas-for-teachers-and-parents-video/>
- The Self-Esteem Workbook for Teens by Lisa Schab
- Helping Children with Low Self-Esteem: A Guidebook by Margot Sunderland



One Year to Make a Difference Project

Topic 1:

Talents, Strengths and Individuality

The Everybody Campaign is excited to bring you the One Year to Make A Difference Project.

The project begins with our first newsletter and introduction to our first topic; talents, strengths and individuality. This aims to be a celebration of EVERYBODY and a recognition of young people's unique contributions.

The info, resources and ideas within this newsletter will help to embed the message that young people should be proud of themselves. With particular emphasis on encouraging and celebrating individual identity, personal characteristics, preferences and personal expression.



ADULTS; LEAD BY EXAMPLE

Young People learn from those around them. Make your pledge to lead by example

I could:

- Try something new and share your experiences with young people ✓
- Avoid self-critical language and praise effort regardless of outcome ✓
- Access the resources recommended on the back page! ✓

THE EVERYBODY CAMPAIGN

**EVERYBODY HAS
A BODY AND EVERY
BODY IS BRILLIANT**

!GREAT BRITISH BUNTING OFF!

Each and every young person is unique and we want young people to understand, embrace and celebrate difference and their own unique characteristics, traits and personalities.

In order to capture, display and promote individuality, we're going to be asking young people to help create a public display of art and attempt to break a

Guinness World Record!

We're going to attempt to make the longest string of bunting (approximately 11 miles!)

Our aim is for every young person to take part by designing and decorating a length of bunting triangles.

Bunting can be decorated to illustrate personal expression of strengths, talents, things that make them unique, things they are proud of, things that identify them.

Just as no two people are the same, no two sections of bunting will be the same. We hope this project will be a celebration of difference and diversity.

To make this project event even more exciting and even more of a celebration, we will be coinciding the Guinness World Record attempt with the 70th birthday of the NHS on July 5th 2018.

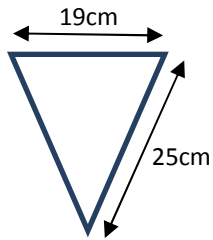


What we need you to do:

THESE RULES ARE SUPER IMPORTANT!!!!!!!!!!!!

Make as much bunting as possible!! Each triangle of bunting **MUST BE 19cm x 25cm.**

There needs to be a **5cm gap** between the triangles.



Bunting can be made of the following material: fabric, plastic or paper. Bunting can be decorated using any available materials (e.g., paint, pen, glitter, sequins etc.). Please encourage young people to be as creative as possible.

Recommended way to do it:

- One tutor/ PHSE lesson to discuss and explore the project; generating ideas about personal strengths and talents, helping young people to think about their individuality and how they would like to represent this
- One art lesson to making bunting with young people using as many different creative techniques and resources available

When for:

All bunting needs to be sent to:
Helen Dove c/o Hampshire CAMHS
Avalon House, Chesil Street, Winchester, Hampshire, SO230HU

All entries need to be sent to CAMHS by **Friday 25th May 2018**

Judging and Display:

The collective bunting will be displayed and judged on Thursday 5th July 2018. Venue to be confirmed!

Recommendation: Make your bunting on these national days:

Thursday 31st Jan is National Inspire Your Heart With Art Day!

Friday 17th Feb is National My Way Day!