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**FREE Activity for Girls**

## Sleepover to Self-Esteem Achieving Positive Body Image

Brought to you by the Bengals Football Club

Did you know 93% of Canadian women want to change at least one aspect of their physical appearance?

Body image is about self-esteem, body esteem, and healthy lifestyles. Research has shown that young people who receive positive support about their health and appearance are less likely to develop body image dissatisfaction or eating disorders.

It is not easy for young people to be positive all the time about themselves. Yet having the skills and knowledge to be resilient helps young people to value individuality, accept difference, address the limitations that our culture can place on young people and expand their options. **What is the MEWS Orleans Bengals Sleepover to Self-Esteem?**

Young girls are impacted everyday by peer pressure, the media, relationships, and other everyday elements that affect self-esteem. In the past few decades, there has been a dramatic increase with the number of girls that express discontent with the way they look. Sleepover to Self-Esteem - Achieving Positive Body Image is a program that will tackle the issues surrounding negative body image. It will give young girls the opportunity to come

together and discuss the issues they face, how it impacts them, identify the sources that contribute to this poor body image and ultimately start educating and building the supports to encourage the girls to have a more positive body image.

### **What are the Objectives of the MEWS Orleans Bengals**

#### **Sleepover to Self-Esteem?**

To build strong, confident young girls by:

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**Discrediting Media Myths; Facilitating awareness, education and training; and Establishing / Creating Peer Supports;**

#### **How and when will the MEWS Orleans Bengals Sleepover to Self-Esteem be delivered?**

The project will have two pre "sleepover" sessions that will allow participants to get to know each other and build confidence and comfort with one another before the actual sleepover. The sessions will also be used to discuss the issues at hand, the impacts, triggers etc., to lead up to the sleepover. Each pre session will be approximately 2 hours. The sleepover itself will address the concerns from the pre-sessions by educating and teaching the participants with hands on experience with interactive workshops, group discussions and other activities and lessons.

After the sleep over, there will be two post sessions to discuss the lessons learned, encourage networks and administer the surveys to evaluate the success of the project. Each post session will be approximately 2 hours.

#### **The sessions will be held the following dates:**

**Pre-Session #1:** February 12<sup>th</sup> between 6:30-8:30 **Pre-Session #2:** February 22<sup>nd</sup> between 6:30-8:30 **Sleepover Weekend:** Starts at 11:00 am on February 27<sup>th</sup> and ends at 11:00 am on February 28<sup>th</sup>. **Post-Session #1:** March 6<sup>th</sup> between 10:00-12:00 **Post-Session #2:** March 27<sup>th</sup> between 5:30-7:30

All sessions will take place at the Roy Hobbs Community Centre located at: 109 Larch Crescent (off of Champlain)

#### **Who can register to the MEWS Orleans Bengals Sleepover to Self-Esteem and how much does it cost?**

**It's FREE!** There is absolutely no cost! Girls from the Orleans Community between the ages of 8 and 18 can participate. Just fill out the Dare to Dream Registration Package and either call 834-4676 or email: [jmuzik5303@rogers.com](mailto:jmuzik5303@rogers.com) for further instructions. Pass this along! **Ask your friends to register!!**

**\*\*EACH GIRL WILL RECEIVE A WONDERFUL FREE GIFT FOR PARTICIPATING IN THIS PROGRAM\*\***