



Be a champion for change!

Work by yourself. Write down one thing you will start doing, or do differently, to champion what is 'real' in yourself and others as a result of today's workshop.

I pledge to

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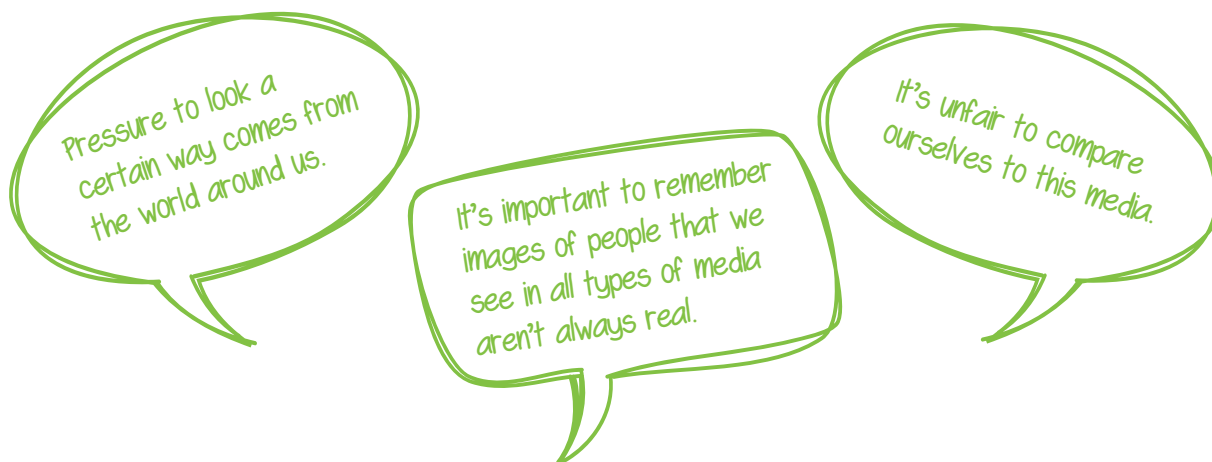
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Feeling stuck?

Think about what will help you challenge the pressure you and your friends feel to look a certain way.
Try to choose a simple action that is easy to achieve.



Celebrate your individuality and the diversity of the people you know.
Aim to be the best you can be – you are one of a kind!

