

**GIRLS ARE FACING EVER-INCREASING ISSUES... LET'S JOIN TOGETHER TO EQUIP & EMPOWER THEM TODAY.**

# CREATIVE PROGRAM

*building self-esteem, identity and confidence in girls.*



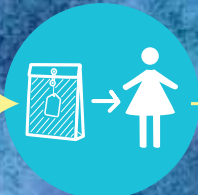
**YOU CAN MAKE LASTING IMPACTS**

**ESTEEM DESIGNZ** | [www.esteemdesignz.com.au](http://www.esteemdesignz.com.au)

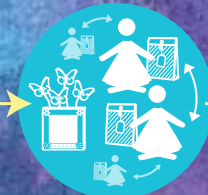
**WANT TO EQUIP & EMPOWER GIRLS?**  
?



**ORDER RESOURCES:**  
1. Kits for each girl  
2. Facilitators Resource Manual



**GIVE GIRLS THEIR KITS**



**WORK THROUGH DESIGN PROJECTS + DISCUSSIONS + ACTIVITIES**



**GIRLS EQUIPPED & EMPOWERED + DEVELOP SKILLS / TOOLS**

**MAKE LASTING IMPACTS!**



We understand that schools have a vital and privileged role in the development of students' **MENTAL HEALTH**, identity, personal growth and ability to cope with change and difficulties. We would love to partner with you to achieve this.

## WHAT – OUR MISSION

Esteem Designz Program is a **MENTAL HEALTH resource** designed to champion girls (pre-teens to young adults) to know and be content and confident in their **REAL** identity and value, and see and encourage the value of others. Girls are equipped with key skills and tools to endure and thrive through life's challenges – all through **CREATIVITY**.

**OUR PASSION** – Helping girls not feel the need to hustle for their approval and acceptance, but claim their intrinsic worth and be unashamedly authentic and **REAL**, not molded into other's expectations, but **FREE**... Free to confidently be all they can be and reach their full potential.

*“Every girl needs Esteem Designz & the endless benefits it provides”*

## HOW – ESTEEM DESIGNZ WORKS

- Based on **FUN, INTERACTIVE AND MEANINGFUL DESIGN PROJECTS** and activities - to resource schools to engage, equip and empower girls
- **5 FOCUSED STAGES** / Design Projects + interactive activities / discussions
- **TARGET AGE:** Girls in grade 5-10 (10-16yrs old)
- **FLEXIBLE** to meet your group needs
- **COMMON STRUCTURE:** 8-10 weeks for 45mins-1hr (many options available)
- **EXPERIENTIAL DISCOVERY BASED LEARNING + STRENGTHS-BASED** approach to help girls learn and practice lasting skills and tools
- Facilitators Resource Manual enables **ANYONE TO RUN** Esteem Designz - **EASY TO USE**

## WHY – THE NEED

*75% of girls suffering from **LOW SELF-ESTEEM** are engaging in self-destructive behaviours, depression and even suicide.*

**WE HAVE TO BREAK THIS CYCLE.**

### SOME OF THE ISSUES ESTEEM DESIGNZ COMBATS:

- Low self-esteem + identity – the root of all problematic behaviours
- Constant comparison and competition
- Deceiving messages of perfectionism through the media – I'm not enough!
- Peer pressure and relationships
- Unrealistic expectations
- Disengagement, opposition, apathy, self-destructive behaviours

**70% OF GIRLS BELIEVE THEY ARE NOT GOOD ENOUGH OR DON'T MEASURE UP;** and over 70% (15-17yo) avoid normal daily activities, such as attending school, when they feel bad about their looks/self.

Valuable resources *helping you* further engage, equip, and empower girls

# CREATE . INSPIRE . EMPOWER



## GIVE GIRLS THEIR KITS

- Empowering Gift + Ownership
- Ready to go = No work for you



## TOOLS

- Reflective Journal
- Clue Cards 4 Life
- Encouragement Cards



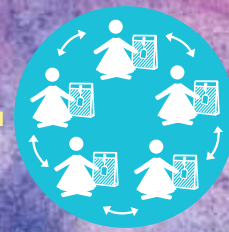
## 5 DESIGN PROJECTS + ACTIVITIES

- + Instructions Booklet
- All packaged ready to go
- Fun, interactive & meaningful



## TOOLS THEY CREATE / LEARN STRATEGIES / DISCOVER IDENTITY

- Expressive / practical / ongoing / take-home
- Learn through the process of creating + tools they create



## DISCUSSIONS - LEARNING FROM EACH OTHER

- Safe non-confronting space created
- Openly share, give advice, encouragement, practice, self-discover

## COST

### "COMPETELEY WORTH THE INVESTMENT"

- >> \$60 per kit/girl - over 8 meaningful and empowering resources for only \$7.50 each. Valued at over \$200. Girls keep everything.
- >> \$80 for the Facilitator's Resource Manual + online tools + additional resources
- >> Funding options available online

## PROVEN PROGRAM / EVIDENCE

Esteem Designz has been implemented in **OVER 250 SCHOOLS**, welfare and community organisations across Australia, with 2,500 girls being equipped and empowered and impacting the girls around them.

**98-100% OF GIRLS INCREASE THEIR SELF-CONFIDENCE** Alleviating the suffering of low-self esteem & it's ongoing damaging effects.

## STORIES OF TRANSFORMATION

*"Esteem Designz changed my life and our whole grade"*

*"I learnt to trust and believe in who I am"*

*"Through the awesome projects I now know that I can cope with anything and learnt really helpful ways to deal with life"*

*"I feel much more confident in myself... I learnt to not to let anyone put you down and that you don't have to be perfect all the time"*

*"I don't care what people say about me anymore and I feel great about that. I learnt that when life knocks you down, you got to keep going"*

*"Schools are always looking for programs that engage, inspire and facilitate discussion at a deep level to bring about positive change in the lives of students. Esteem Designz is flexible, affordable, engaging, accessible and effective in bringing a unique opportunity to invest in the potential of our girls as they navigate the challenging years of adolescence"*

*"We hoped for our girls to BREAK FREE and that is exactly what Esteem Designz Program enabled them to do, empowering them with practical strategies and confidence to overcome their struggles."*

## SIMPLE NEXT STEPS

We would love to partner with you to equip & empowering girls today!

## 3 SIMPLE STEPS TO IMPLEMENT ESTEEM DESIGNZ PROGRAM:

1. Purchase **GIRLS RESOURCE KITS** for each participating girl. Online shop or order form
2. Purchase **FACILITATORS RESOURCE MANUAL** – one for each leader or share.
3. **ALL THE WORK IS DONE FOR YOU!** Simply organise basic equipment (scissors, glue, textas), give the girls their empowering kit, and work through the program with them.

## BENEFITS

### TRANSFORMATIONAL OUTCOMES :

As the girls create the 5 Design Projects/tools and engage in group discussions, they create:

- Authenticity and confidence in who they really are
- Celebrate differences instead of comparing
- Discover their unique characteristics
- Reinforce resilience
- Develop a positive sense of self & self-management
- Practice strategies to overcome challenges & change
- Form positive and respectful relationships
- Grow in social and emotional skills
- Achieve meaningful goals that boost self-confidence and worth
- Promote unity and leadership
- Cultivate critical skills in choice making, communication, encouragement and problem solving + +
- It is also a fantastic resource to help girls transition into new experiences and out of others
- Helps girls respect and engage positively with themselves, those around them, and their communities

**- AND THEREFORE ACHIEVE GREATER ACADEMIC SUCCESS, ENGAGEMENT IN SCHOOL / JOBS, POSITIVE MENTAL HEALTH, SATISFACTION IN LIFE AND ABILITY TO REACH THEIR FULL POTENTIAL.**

## KEY BENEFITS FOR YOUR SCHOOL:

- EASY TO USE - READY TO GO RESOURCES
- COST EFFECTIVE / WORTH INVESTING
- SUPPORTS SCHOOLS' WELLBEING FRAMEWORK / WELFARE / MENTAL HEALTH STRATEGIES
- PERSONAL DEVELOPMENT STAND - PDHPE
- PROVEN - HIGHLY ENGAGING & EFFECTIVE
- ENDLESS TRANSFORMATIONAL OUTCOMES
- ONGOING SUSTAINABILITY / RESULTS
- FLEXIBLE
- LEADERSHIP / PEER-MENTOR OPPORTUNITIES
- CREATE CULTURE-SHIFT IN SCHOOL
- INVEST IN THE POTENTIAL OF YOUR GIRLS



Contact us today - join the revolution of empowered girls

[www.esteemdesignz.com.au](http://www.esteemdesignz.com.au) | [info@esteemdesignz.com.au](mailto:info@esteemdesignz.com.au)