



Beautiful ME!

Self-Esteem Rising

R.M. Finley Middle School & The Hance
Family Foundation

THE HANCE FAMILY FOUNDATION

*Out of tragedy
came a purpose
and inspiration.*





What we're seeing.

Researchers have found that for adolescents the covid shut-down “turbocharged anxiety, depression and technology abuse.” “What COVID did was ... revealed the vulnerabilities that were already there, amplified them and was the catalyst to turn them into something more pathological,”



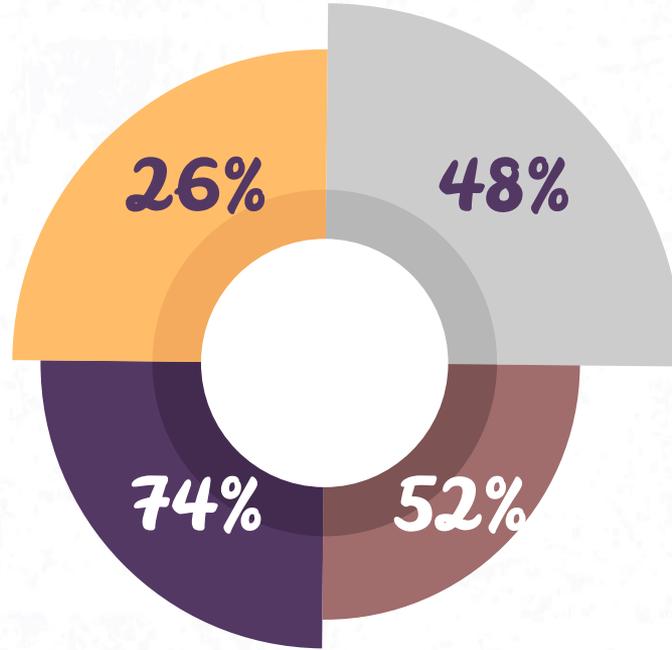
Incident Data (YDT)

**% of Suspensions
involving Girls**

2022-2023

**% of Suspensions
involving Boys**

2022-2023



**% of Suspensions
involving Girls**

2023-2024

**% of Suspensions
involving Boys**

2023-2024



Why Beautiful Me ?

- We recognized an issue and worked as a **team** to find a solution
- Explored **Beautiful Me** as a means to empower our girls
- Our goal is to build confidence, resilience, and self-esteem

It takes a village...



IMPLEMENTATION

- Female staff participated in introductory **Beautiful Me Teacher Training** on February 28th
- **25** women **volunteered** to be certified as Beautiful Me facilitators; held **March 14th & March 21st**
- **3 Hr. Beautiful Me Workshop** for our students held on:
 - **April 5th** - 8th Grade
 - **April 15th** - 7th Grade
 - **May 6th** - 6th Grade



The Workshop

Module 1:

Conversations about internal and external beauty.

Encourage

participants to create and enforce self-generated “rules” for their bodies & their health.

Module 2:

Introduce and foster positive thoughts about each participant’s talents, personality and challenges.

Recognize and **share** the “pleasant” and “unpleasant” aspects of our personalities and behavior.

Module 3:

Meaningful compliments.

Foster the ability to recognize the good in others and share with others.

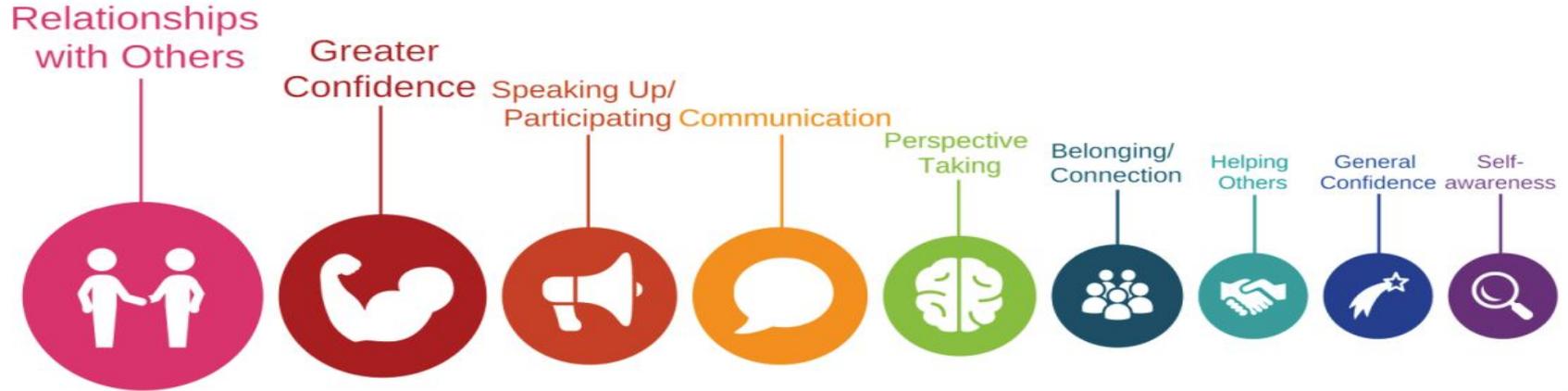
Practice the ability to receive the meaning and intent of compliments.

Introduce the concept of “self-talk”.

== Growing Together



INDEPENDENT EVALUATIONS SHOWS THAT BEAUTIFUL ME IMPROVES GIRLS' SOCIAL AND EMOTIONAL FUNCTIONING.



Developing and improving relationships with others was the most frequently shared impact of Beautiful Me. Specifically, student participants, facilitators and teachers shared that the program had supported girls in getting along better with others, including being more respectful, taking others' perspectives into consideration, being encouraging or supportive to others and helping others. They also expressed that the participants were more outgoing and shared several instances of participants making new friends. In general, several highlight that a sense of belonging, connection and acceptance arose in the group.



R.M. Finley Middle School Girls

Finley Middle School has a total of **328** female students.

<u>Sixth Grade</u>	105 female students
<u>Seventh Grade</u>	110 female students
<u>Eighth Grade</u>	113 female students

****If half of our girls, 164 out of 328, connect with the message of the workshops, we're confident it will positively impact our school climate.***

Our Team

1. Krystle Gonzalez
2. Amanda Zimmerman
3. Ashley Cain
4. Julie Peralo
5. Kirsten Kenney
6. Angela Sadlis
7. Josephine Santagata
8. Amanda King
9. Beth Gerby
10. Amanda Sullivan
11. Breacis Rodriguez
12. Brianna Cajamarca
13. Madison Avati
14. Amy Ambrosio



15. Brooke Tanner
16. Lori Levy
17. Amanda Corazza
18. Chiara Maimone
19. Katie Gerbore
20. Sam Donato
21. Katherine Boehm
22. Nicole Venticinque
23. Katie Galluzzo
24. Anaiss Ramsaran
25. Charmaine Clarke



* Green indicates bilingual facilitator

Their voices...



HANCE FAMILY
FOUNDATION



BEAUTIFUL ME

Robert Finley Middle School

made with
fliXier

- Each year 6th grade girls will participate in the **Beautiful Me**
- Yearly refresher for 7th & 8th grade girls
- **Restorative Practices Initiative** (Fall 2024)
- **Advisories** (Fall 2024)
- **Extra-curricular Eligibility Policy** (Fall 2024)

An illustration of a hand holding a sign. The sign is orange and tilted, with the text 'Next Steps!!' written in a dark blue, cursive font. The hand is light-skinned and is holding a dark blue stick that supports the sign. The background is a light blue and white pattern.

*Next
Steps!!*



-Thank You-