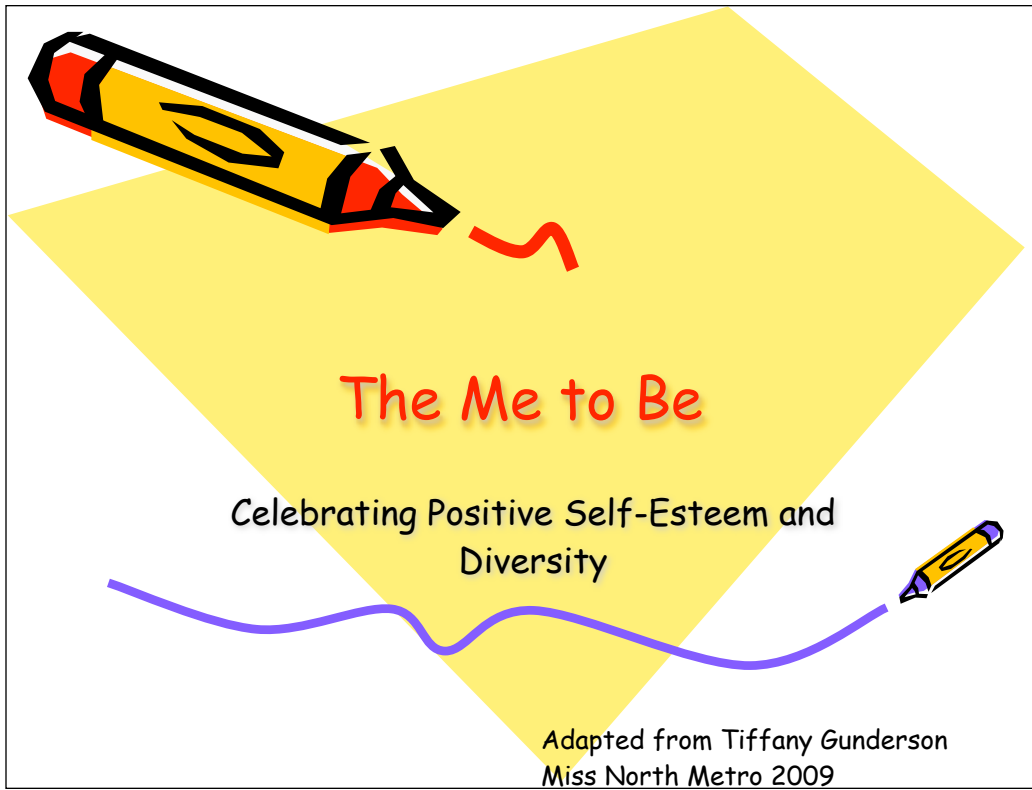




Inner Beauty

- What traits can you think of that would make someone beautiful on the inside?



What do you think is more important?

- Outer Beauty
- Inner Beauty



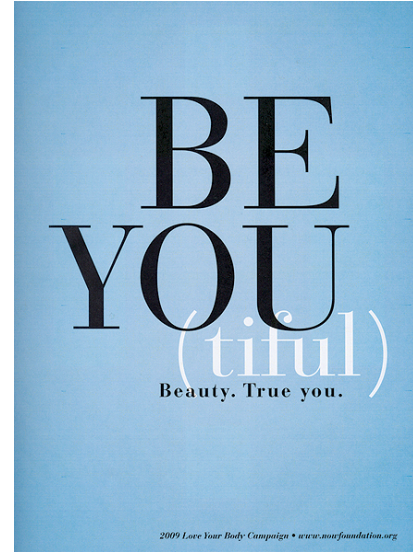
We are all unique!

- We all have something unique that nobody else has.
- Our uniqueness and differences make each of us beautiful in our own way.



Love Who You Are!

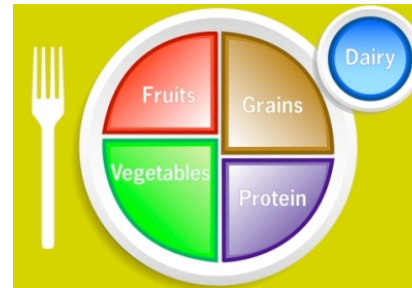
- We all have different talents and strengths
- We all like different things



Love your body!

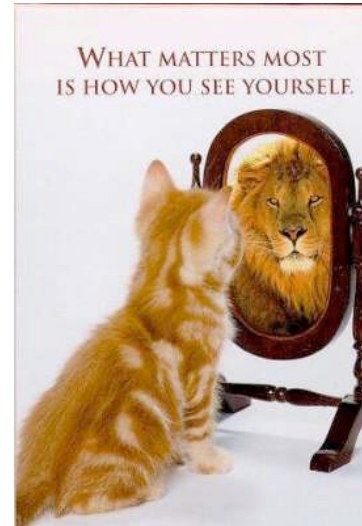
Healthy is Beautiful

- We must eat right
- Exercise
- *Get plenty of sleep*



Self-Esteem

- * Self Esteem is made up of your emotions, thoughts, beliefs & the love of who you are.



The Media

- TV
- Movies
- Music Videos
- Commercials
- Magazines
- Billboards
- Newspapers
- Websites



Ourselves

- Sometimes we say or think negative things about who we are.



Our Agreement

- Promise to only think positive thoughts about myself and my body.
- Promise to only to say nice things about myself and others.

Student Name and Signature



Everyone is
Beautiful
in their own
Way!

Be Happy
With Yourself



Worry about the
size of your
heart
not the size of
your body

