

true you!



“Sometimes I Feel Ugly” and Other Truths About Growing Up



An Activity Guide for Mothers & Daughters





Our Mission

These materials have been created with the support of the Dove Self-Esteem Fund whose mission statement is:

Too many girls develop low self-esteem from hang-ups about looks and, consequently, fail to reach their full potential later in life. So, we've created the Dove Self-Esteem Fund as an agent of change to educate girls and inspire women on a wider definition of beauty.

These materials are also part of the global BodyTalk program and uniquely ME!* self-esteem program from the Dove Self-Esteem Fund.

*uniquely ME! is a self-esteem program in partnership with the Dove Self-Esteem Fund and Girl Scouts of the USA.

true you!

“Sometimes I Feel Ugly” and Other Truths About Growing Up An Activity Guide for Mothers & Daughters

Why was this book created?

Research shows that there is a direct and distinct link between a mother's influence on her daughter's ideas about health and body image. At a Dove Self-Esteem Summit, the idea of raising awareness of this important mother-daughter link came up repeatedly. It was felt that if mothers could become more aware of their attitudes towards their own body and those of their daughters, they could help them withstand the powerful influence of a media and celebrity culture that undermines their sense of beauty and self-worth. Recent studies from the Girl Scout Research Institute support this finding. They also found that although there are other major factors that influence self-esteem—including peers, boyfriends, celebrities, and messages from the media, mothers are in a very influential position to shape how narrowly or widely a girl defines “beauty.” The activities in this workbook are designed to raise self-esteem by encouraging mothers and daughters to embrace their own inner and unique beauty. The goal is to empower mothers and daughters to become stronger and more confident women.

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This book is about you—the **true you!** It’s about developing the person you really are and the person you are going to be. Growing up can be tough. When the going gets rough, why not turn to someone who’s been there? **Someone who knows you. Someone who loves you for who you really are.** Who would that be? **Your mother.**

The title “mother” can describe a woman who has given birth to or adopted a child — but there are other mothers, too. A mother could be an auntie, a stepmother, a grandmother, a mentor, or a close family friend.

Quite simply, your mother is a person who cares for you and looks out for you.

Throughout this book, think of that special person in your life. Know that whoever your mother is, she is the person who wants you to be your best self.

true you! is all about uncovering who you and your mom really are. It will help you define the ways that you are beautiful inside and out. It will help you celebrate all that makes you (and your mother) unique, and your lives special.

So let’s get started...

MOM’S SPOT

The activities in the book are geared for girls 8 and up. You will find that there are some activities that you will want to race through or others you will want to revisit often. Find the pace that suits you.

As you journey through this book, notice the notes at the bottom – a space just for moms. These “Mom’s spots” highlight extension activities you can engage in with your daughter that can be completed throughout the year. Look for “talk about it!” sections, which will give you prompting questions to have conversations with your daughter.

Before you begin, think back to the time when you were a preteen or teenager. Remember your relationship with your mother or grandmother. What did you need from the “mothers” in your life? What might you have liked from your mom? Take a moment to reflect on your feelings, thoughts, attitudes and behaviors at that age – recalling this point of view can help you identify the things you may wish to work on with your own daughter to enrich your connection.

You are changing and so is the world around you. It may be hard to feel beautiful. Who helps you feel good about yourself and your changing body? Where do you get your ideas about what looks good — and what doesn't? Take this short quiz to find out.

true you! True or False

1 I think my family helps me shape views about myself and the world.

T F

2 I think television and magazines help me shape views about myself and the world.

T F

3 I would say I am satisfied with the way my body looks.

T F

4 If I could change something about the way that I look, I would.

T F

5 My mom helps me when I have a problem.

T F

If questions 2 and 4 are true for you, you're probably like most girls today who say that there is a lot of pressure to look really good. Sometimes this pressure hurts girls and makes it hard to feel OK.

How do you feel about the way you look? How do you feel about the way people you love look? The changes you will see in yourself in the coming years might be confusing, but this book will help you figure out how to be you — the truly spectacular you. And you will find that out with the support of someone close to you that you trust — your mom!

Did you know?

- One-half of women around the world see family relationships as having the greatest impact on their self-esteem.*
- Two-thirds of women believe that they are expected to be more physically attractive than their mother's generation.*
- Dissatisfaction with body image increases as girls progress to adolescence. While 75% of girls 8-9 years old say they like the way they look, only 56% of girls 12-13 years old feel that way.**
- One-third of all girls 14-17 years old think they are overweight, and 60% are trying to lose weight.**
- Over 50% of girls 11-15 years old say that their mother helps them the most when they have a problem.***

* Dove's Real Truth About Beauty Study

** Girl Scout Research Institute — Teens Before Their Time, 2000

*** Girl Scout Research Institute — The Ten Emerging Truths: New Directions for Girls 11-17, 2002

MOM'S SPOT

Many different surveys show similar concerns that daughters are being negatively influenced by media images. Look at photos of your daughter, her friends and pictures she likes from the magazines. Identify what makes these pictures appealing, what she likes about them. Tell her what you find engaging and point out those aspects of the pictures that are lively, show her and her friends' personality and so on. Collect photos of her that she likes and let her say why. You can tell her what you find adorable, cute, unique and lovely. Encourage her to choose a favorite photo of you and let her tell you what pleases her. And don't squirm!

Who are you – truly? This book helps you find out. Of course you will be doing most of the activities with you mother. But take some time to write down all the things that are important to you now. This is just the beginning – you will have lots of opportunities to share more about you. You may even want to get a journal or a notebook to write your thoughts and feelings along the way.

About Me:

My name is _____
 My nickname is _____ I am _____ years old now
 My school _____ My grade _____

About My Body:

People tell me I look like _____
 But I think I look like _____
 To me being beautiful means _____

Questions I have about my:

Face _____
 Body shape _____
 Hair _____
 Legs _____

More About Me:

My favorite snacks are _____
 My favorite activities are _____
 I think the most interesting thing about me is _____

Questions I have about growing up are:

- Why am I changing?
- Does everyone change the same way?
- Do I have to diet?
- Is it OK to be excited about growing up?



About My Friends:

My best friend(s) name is/are _____

My best friend(s) think I am _____

Something my friends do/say/think that excites me is _____

Something my friends do/say/think that confuses me is _____

Something my friends do/say/think that inspires me is _____

Something my friends do/say/think that worries me is _____

About My Mom:

My mother's name is _____

My mother thinks I am _____

Today I would describe my relationship with my mom as...



Other days I would describe my relationship with my mom as...



One thing I fight with my mom about is _____

One thing I love about my mom is _____

MOM'S SPOT

Talk about the concerns and questions your daughter has flagged. Share those "feelings" – whatever they are – from happy to sad, they are all important, unique and personal. Feelings don't need to and should not be judged. Journals are a place where your daughter can reflect and write about her feelings. Even if they are at times confusing, she will feel more comfortable with herself. Take this opportunity to encourage journaling. A journal – a simple notebook or a decorated, special one – to accompany this workbook can be a great place to store memories and feelings.

Activity No. 1

Mom and Me

So you know the basics about your mom and she probably knows the basics about you. Let's dive a little deeper into whom each of you is. Get out your pen and your news-reporter hat and fire these questions to each other for some hard-hitting news. This will give you a chance to find out some not-so-well-known facts about one another. For more fun, ask these same questions to your grandmother or other family members.



Let's share!

Mom let me tell you about:

- My best friend(s)
- My school work
- How I feel about my siblings, aunts, uncles, grandparents, teachers ...

Mom tell me about:

- How you did in school
- Your best friends
- How you got along with your family members

Let's talk about:

- Dealing with bullies and teasing?
- How you feel about your body?
- How do you really feel about getting your period?
- How do you really feel about your bra?

More things to talk about:

- What makes me feel strong?
- What makes me feel uncomfortable?
- When I see _____ I feel good about myself.
- When I see _____ I don't feel so good about myself.



See where your daughter's interests lie and what she wants to know about you. If you feel uneasy sharing until you have thought about what makes sense to tell her, you can come back to the topic later on. An activity you can do together is to write each other letters to open on special dates. For example, you could write a letter for her to open on the night she comes home from her first date or for the day she leaves home to go away to school. If you feel comfortable, this could be the place to share some of your own feelings about a similar event.

Encourage your daughter to write a letter about what is going on in her life right now. Her letter to you could be shared on a special occasion, too.

MOM'S SPOT

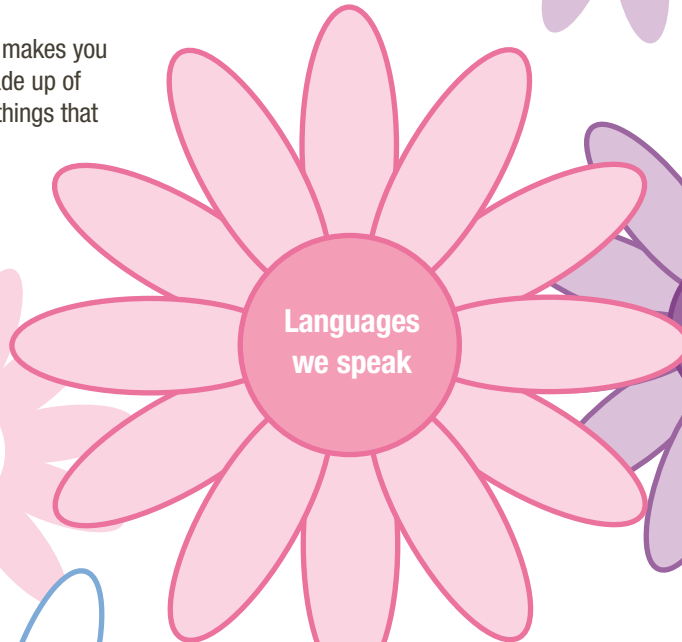
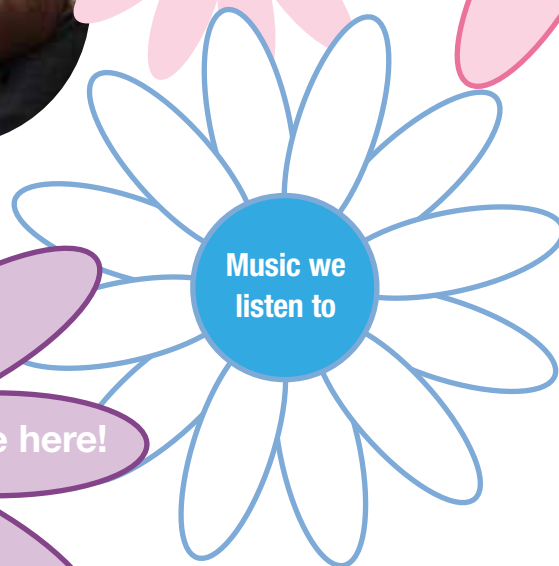
Activity No. 2

Where I'm From

Every family is different. But it is the special ingredients of your family that makes you beautiful! Families are made up of different parts – just like a garden is made up of different flowers. Consider your family as your garden and think about the things that make your family – and you – unique!

My Community Garden

On each flower fill in something about your family and community. On some flowers you may only have one thing to write and on others you may have many.



Talk about it!

- How does where you're from influence who you are?
- How do you fit into your family's garden?

Ask your mom to share the ways she sees your family in you. Then discuss ways you can share what makes you special and beautiful with your family and friends. For example, you can share where you are from by learning to cook a traditional family meal and inviting friends over to eat. Or, volunteer to read to an elderly relative; take time to listen to her stories of your family's past. You can contribute to the beauty of your community garden by participating in and sharing family traditions.

MOM'S SPOT

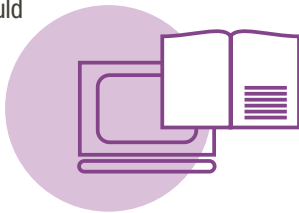
Children have to juggle their own family and the wider culture. They are often ambassadors outside the family about your values and ways of doing things and ambassadors to you about how the general culture does things. Widening the definition of beauty to include your family's culture will help your daughter feel good about herself and feel beautiful.

Activity No. 3

Girl World

You may feel like your mom has no idea what's going on in your life – and you're probably right. But give her a break. Girl World changes every day. You probably can't keep up with your own life! **Cut Mom some slack and let her know what's truly happening with you.**

Media may seem like a big part of your life right now. Media could be magazines, Web sites, blogs, television shows, music, movies or more. Pick a magazine (or any other "media") that you really like. Then sit down with your mom to talk about how the show makes you feel. Are any stereotypes or negative images portrayed or does it make you feel really good about being you? Explain why this piece of media is important to you.



Fill in the blanks with a type of media that is important to you. It will help decide...

what is HOT! and what is NOT!

HOT



I like _____ because _____

One real thing _____ shows about my life right now is _____

My friends think _____ is _____

The people in _____ reflect real people I know like _____

When I see _____

I see myself because _____

NOT



One thing I don't like about _____ is _____

One false thing _____ shows about my life right now is _____

When my friends and I see _____ we wish we could be _____

The people in _____ do not reflect real people I know like _____

When I see _____

I don't see myself because _____

Talk about it!

- Which images seem true? Which images seem false?
- What do the images say about girls and their lives?
- Are the images things girls should aspire for? Why? Why not?
- What would real girls or real images look like?

Media Watch

Your world is different from your mom's – no doubt about it! But she's a great resource! Invite your mom to watch television or to listen your favorite radio station with you. Try to talk to your mom about what's going on in your life and how the messages in the media make you feel.



MOM'S SPOT

Seize your daughter's invitation into her world. Take note of the images and ideas that she deals with, but don't judge them. Instead, encourage her to explain how the images and ideas make her feel. Consider ways you can counter these images. Educate your daughter about media literacy. Point out that often pictures are retouched or changed. Know that even if your daughter doesn't watch these shows or see these images in your home – she encounters them in her world. You can't eliminate them – but you can provide alternatives to them. Promise your daughter and yourself that you will check in on Girl World often, to help your daughter deal with images that might affect her.

Activity No. 4

My Body

You are special! Your mom knows that, but do you? Fill in the blanks with the words from the word bubble (or fill in your own) to discover just how unique you really are. Have your mom create her own list then compare how much you may look alike or not.

My hair color is: _____

My eyes are: _____

I wear glasses:

Y N

I wear contacts:

Y N



I have freckles, a beauty mark, or a scar:

Y N

My nose is: _____

My smile looks like this _____

My hands are important because they: _____

My belly button is: (pick one)

An "innie" An "outie"

My feet look like this: _____

My body is shaped like a: _____

My favorite part of my body is: _____

My least favorite part of my body is: _____

Special things that I can do that my mom can do:
(Examples: Raise one eyebrow; flip my tongue over; whistle)

skate

draw

drive

Special things that I can do that my mom can't do: _____

Special things that I can't do that my mom can do: _____

Ways my mom and I are similar: _____

Ways my mom and I are different: _____

Ways I predict I will be more like my mom: _____

pick words from here or think of your own

black
brown blonde red light
dark medium long short big
little cute polished wide narrow
crooked just right upturned pierced
smelly pencil apple pear gingerbread
man hazel blue gray green pink purple
natural confident curvy popular
beautiful strong happy
unusual different



MOM'S SPOT

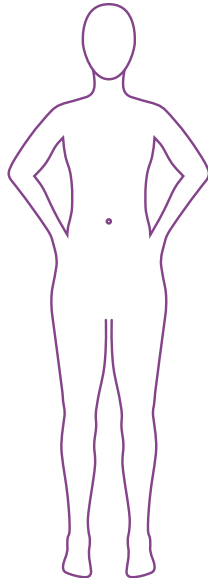
Share with your daughter what it was like for you "back in the day." Check out a local vintage shop or maybe just the back of your closet. Pull out the old photo albums. While you look at pictures try to identify some similar traits. Which ones have evolved over the years? Besides physical traits, are there behavioral ones you share? Are there cultural traditions or traits in your family that symbolize beauty? Build your "family tree" to trace certain attributes to help your daughter build a broader definition of beauty. Find things that you share – even if it isn't hereditary.

Activity No. 5

Changes!

You might have noticed (or maybe you haven't) that you look different from a couple of years ago. This change in your body is called puberty and it's a necessary part of growing up. How can you deal with the changing you? Talk to your mom about puberty and the changes that are happening to you. She can help you make healthy choices to ensure that your body is at its best.

Use the figure below to point out ways your body is changing. It may seem silly, but it's a good way to talk to your mom about difficult things. You can draw on it, circle areas, or put arrows where you have questions where things are changing.



Not sure what's changing? Consider these questions:

- Does your face seem different? How?
- Are you now wearing braces?
- Do your clothes fit differently? Where?
- Have you found hair in new places? Where?
- Have you started to wear a bra? Why or why not?

If you aren't experiencing any of these changes yet, talk to your mom about the changes you should expect.

Fun & Not-So-Fun Facts About Puberty:

- Puberty happens between the ages of 8 and 14. For some girls it could be earlier and for some later.
- During puberty your body releases special hormones that are responsible for the changes that occur.
- Are you going through puberty? Check the signs of puberty that might apply to you:



- | | |
|---|--|
| <input type="radio"/> You get your period | <input type="radio"/> You get taller |
| <input type="radio"/> You may get acne | <input type="radio"/> You see body hair in your underarms |
| <input type="radio"/> Your body can get curvy | <input type="radio"/> You see body hair in your pubic area |
| <input type="radio"/> Your hips can get fuller | <input type="radio"/> You may feel moody sometimes |
| <input type="radio"/> Your body may widen | <input type="radio"/> You may smell differently |
| <input type="radio"/> Your body fat usually increases | <input type="radio"/> Your breasts begin to grow |

Sooner or later you might check off all of those things, but believe it or not, all girls experience all of these things and they are NORMAL! It's all part of Mother Nature's way of transforming your body from a young girl to a woman. It can be a bit strange but very exciting.

Talk about it!

Still worried or confused? Ask Mom for the help you need. She can direct you to more information. Also, ask Mom to share how she handled the changes of her body. How did she feel? How are things today?



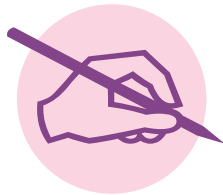
MOM'S SPOT

Tell your daughter that puberty and turning into a teen can be fun. Tell her you are excited to see how she develops physically: Will she have your breasts, or Auntie's legs, or Dad's height, or her sister's teeth etc. You could take your daughter shopping to select products that she will want to be using soon. Share how you use hygiene and beauty products, and explain how different options work. Let her know you want to help her make healthy, safe choices.

Activity No. 6

My Hopes!

Sometimes you need a quiet moment to reflect on all the changes and activities in your life. Use this space to consider who you are, or use your journal. Write down your thoughts about what you've learned so far about yourself and about your mother.



Think About It!

What makes me unique and different? _____

Who am I? _____

What do I want to be? _____

What parts of me do I want to develop? _____

What are some things I admire in others? _____

What are some things I admire in myself? _____

How do I define beauty? _____

How does my family define beauty? _____

What have I learned about my mother that I didn't know? How does that change the relationship I have with her? _____

Take a moment to look at the things that make you, you. Write down one goal for yourself during this time of change. Maybe you want to spend more time with Mom, or maybe you want to learn more about puberty. Share the goal with your mom. Then come up with a plan on how to reach that goal.

One thing I would like to explore or be is: _____

To do this I could: _____

One step I can take now is: _____



MOM'S SPOT

Listen to what your daughter wants to develop. Help her with imagining herself in these new ways. Try not to judge what she wants but enjoy her desires. It might be fun to create a photo journal or scrapbook to document this period of change. Refer to it over time to see how much each of you has developed. You can get a disposable camera to photograph memorable moments. Start collecting the pictures, mementoes, and media that describe your changing selves. The scrapbook can also be a space to mark your daughter's special moments, achievements, and dreams. Be creative – the scrapbook can be as unique as the both of you.



Activity No. 7

Talk It Out

Sometimes, it's hard to hear what your mom has to say. At times, it seems like you are speaking two different languages. One comment from Mom can send you into a fit of rage. How can you make sure you are on the same page? Look at this chart. How do you feel about the things your mother says? What do you think she really means? Is there a better way to say these things? Here is your chance to practice talking and listening to your mom.

Mom Says...

I am so proud of you!

Is that what you are wearing?

Is that what you are eating?

You are beautiful.

You don't have to do what everyone else is doing.

Mom Might Mean...

I am proud of your accomplishments.

I am not sure that is the best choice.

Your nutrition is important to me.

You are beautiful inside and out.

You have to be strong and not give into peer pressure.

Strengths my mom sees in me: _____

Strengths I think I have: _____

Strengths I wish I could have: _____

I May Feel...

I am happy you noticed my hard work.

You don't like my style. You don't trust my judgment. You are trying to control me.

You think I am too fat or too skinny.

You have to say that. You're my mom. You can't see my flaws.

You don't understand how important to me it is to fit in.

Remember:

Moms usually have your best interest in mind, even if you don't always hear it. Ask your mom to identify three strengths she sees in you. Having her do this now might help you understand where she's coming from. Do you agree with these strengths that your mom sees? Are there other strengths you would like to develop? Talk to your mom. Before you know it you will feel like the "super girl" your mom already knows you are.

"Straight Talk"

Can you relate to these examples? Add one of your own. Think of something your mom says to you. How does it make you feel? Then ask her what she really means.

My mom says: _____

What she really means: _____

How I feel when she says that: _____

Some things I would like my mom to stop saying or say in another way are: _____



MOM'S SPOT

We have all experienced miscommunication on some level. Take time to make sure your daughter really "heard you." Be as specific as possible and try different ways of saying the same thing to make sure your point gets across. For example: I am really impressed with the way you stuck with that math problem/knitting/backflip. OR: You have real commitment and your hard work shows. OR: Can you show me how you completed your math homework so well? You are a great problem solver.

Hearing criticism is difficult for everyone. Giving your daughter a "heads up" that criticism is coming may help. For example: This might be something you won't like me to say but it is important for you to understand...

Whatever you are trying to communicate, remember to reinforce your daughter's success by verbalizing messages that uplift and support her.

Activity No. 8

Role-Play

For girls and adults, life is like an obstacle course. New challenges come up every day. If your mother doesn't know the realities of your daily life, she can't give you the best support. Use this activity to be honest about the challenges you face. It will help you and your mom work together toward solutions.

Role-Play, Your Way

Talk about three things that get in your way every day. They can be simple, tricky, or silly. Now ask your mom to walk in your shoes. She gets to play you and you get to act out what really goes on in your life.

Some scenarios might be:

- Confronting a bully or mean girl
- Handling peer pressure
- Talking to a boy
- Being unprepared for school
- Changing for gym or sports
- Not having the latest outfit or gadget
- Tripping or falling in front of friends
- Puberty surprises
- Other challenging moments



write your script here

Talk about it!

- How does this situation make you feel?
- What do you usually do?
- What does your mother suggest you do?
- How did your mom feel being in your shoes?

MOM'S SPOT

Give your daughter a safe space to talk about her tougher daily challenges. Taking a break from her regular routine could be the space she needs. This could be a special night with friends or quiet time with you. By talking about it together, you may find new ways of handling and coping with what is going on. Be open to listening to her and to letting her know sometimes you need time to figure things out as well. Tell her you are glad she talked to you and are always there to support her.

Activity No. 9

Being Safe

Your mom can be your greatest resource and ally. But sometimes you might make a poor choice about a serious issue (such as grades, confronting a bully, dealing with boys) in order to avoid punishment, embarrassment, disappointing your mom, or making her upset. Moms worry about your safety and you worry about getting into trouble.

Here's a space to talk about your worries and solutions for tough situations before they arise or get dangerous. Maybe a friend of yours has been shoplifting or another friend is not eating enough. Without rattling anyone out, come up with a real or made-up situation concerning you or a friend that you would normally be too shy or scared to turn to your mother about.

- ? Ask your mom to think of a time when she kept a secret in order to avoid disappointing her parents.
■ How did it make her feel?



Create an E.C.C. (Emergency Connection Code)

Sometimes it's important to have an emergency code – language that identifies that a situation needs a special kind of conversation. Create an **E.C.C. (Emergency Connection Code)** with your mom. This safety plan can help you and your parents deal with tricky situations.



I need my E.C.C.

Talk about it!

- Here are some issues that might require an E.C.C. Can you think of others?
 - Failing a class
 - Attending a party where there are drugs or alcohol
 - Being touched inappropriately
 - Being hurt by a family member or friend
 - Being teased or harassed by a bully
 - Eating too much or eating too little
- What is the procedure you follow if you are in an unsafe situation?
- Who do you go to as a “safe” person if you are worried that you can't talk to your mom?
- What is the “signal” that tells your mom that you are OK but don't want to talk?
- What is the “signal” that tells your mom that it is urgent you talk?
- What is the grace period between making a bad decision and facing the repercussions of that choice?
- How often does the E.C.C need to be updated?
- Write out the rules for your personal E.C.C together and keep it in a handy place.
- What could happen when girls can't turn to their mothers?

Sample E.C.C.

When the E.C.C. is in effect we agree to:

- Put safety first
- Listen, not blame
- Communicate in a positive way
- Come up with solutions and consequences together
- Understand that making mistakes is part of growing up
- Identify emergency contacts – people and numbers that can help

MOM'S
SPOT

The E.C.C. should be taken seriously and if committed to early on, it can help you avoid a lot of misunderstandings.

If your daughter uses the E.C.C., applaud her for asking for help. Listen to her. It might be difficult and you might have to set your panic aside. Remind her that your priority is her safety. Take action to ensure this commitment is integrated into your family, and make sure everyone is on board. A larger family plan may need to be implemented to meet the needs of every family member.

Activity No. 10

It's a Date!

Everyone marks change in life differently. Some acknowledge important moments with large community celebrations. Others celebrate the journey more privately. You can celebrate the "big things" or a bunch of "little things." It is up to you and your family. Create a timeline of important things that will happen to you in the next five years. Put a star next to the ones worthy of a celebration.

Ideas can include:

- Getting your braces off
- Your first bra
- Becoming a "teen"
- Passing an exam
- Mastering a difficult assignment, skill, or instrument
- Add your own celebrations, holidays and big moments
- Changing schools
- Getting your first period
- Going to your first dance
- Joining a team

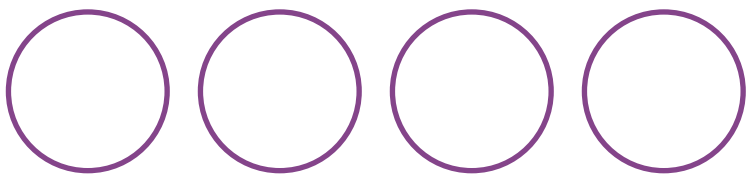


Now, review all your exciting events. Of course you won't be able to celebrate them all with everyone. Some might be good for a shared moment with Mom. Other events could involve the whole family, and others may be reserved for friends only.

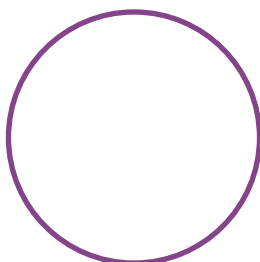
Talk about it!

Ask your mom what events along her life journey were celebrated. Who was involved? Were the celebrations community, family, culture or faith based? How did she feel about the changes and the celebrations?

- **If she didn't celebrate, did she want to?**
- **How would she do it over again?**
- **What parts of her experience would she like to carry on with you?**



BRACES OFF!



MOM'S SPOT

What are your favorite family things? What are some behaviors and traditions unique to your family circle? For example, maybe your family celebrates birthdays with cupcakes instead of cakes. Are there traditions you want to continue? Are there ones you and your daughter want to build together, like family game night or volunteering annually?

You have reached the end of **true you!** So what have you learned on your journey? Hopefully you learned something about you and discovered something new about your mom. Now keep it going! Here is one last thing to do with your mom. Create a promise that talks about all the things you learned and all the things you want to continue doing together.



This sample promise can get you started, but consider creating one that is unique to you and your mom. It should reflect your style, attitude, beliefs and traditions.

Promise

As we continue to build on our relationship:

We choose to talk to each other

We choose to find solutions

We choose to embrace change

We choose to celebrate our lives

We choose each other as resources

We choose to listen to each other

We choose to create our own definitions of beauty

We choose to be confident, healthy and strong!

Write your promise and practice saying it with your mom. Is there a way to display it somewhere that is accessible to you both? Is there a tradition you can create around it?

MOM'S SPOT

Pick something to celebrate just the two of you or you could invite family members or friends. Take this opportunity to share a few great moments of your **true you!** adventure.

Resources

You can find more information and materials at the following Web sites.

USA and Canada:

- www.campaignforrealbeauty.com
- www.studio2b.org/life/uniquelyme
- www.girlpower.gov
- www.girlscouts.org
- www.nedic.ca
- www.nationaleatingdisorders.org

UK:

- www.campaignforrealbeauty.com/bodytalk
- www.edauk.com

* Web sites are always changing. The ones we mentioned above are solid and will always have more updated information.

Use the space below to fill in your own resources, sites and hotlines.

Support Hotlines for Me: Support Hotlines for Mom:

Teenage:

Bullying:

Personal Safety:

Eating Disorders:

Health Information:

Smoking:

Drugs:

Women's Health:

Alcohol:

Mentor/Volunteer Opportunities:

Other:

Teenage:

Bullying:

Personal Safety:

Eating Disorders:

Health Information:

Smoking:

Drugs:

Women's Health:

Alcohol:

Mentor/Volunteer Opportunities:

Other:

Please go to www.campaignforrealbeauty.com to download additional copies of this Mother-Daughter Activity Guide and for updated content, activities and resources.



About the Authors

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Rande is a former social worker who has worked with youth in various settings providing both direct service and program development. She works at Girl Scouts of the USA and is responsible for the implementation of the Dove Self-Esteem Fund partnership in the United States and the development of uniquely ME! — the Girl Scout/Dove Self-Esteem program for girls 8 to 17 years old.

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Tonya is a former educator and published author of numerous books for children. She works at Girl Scouts of the USA developing program resources and ensuring girls' voices are heard. Tonya manages GSUSA's By Girls For Girls National Advisory Committee and works with girls all across the USA and Puerto Rico.

Rande and Tonya needed a book like this when they were younger, so they used their 25 years of collective experience with youth to write this one. They dedicate it to their mothers and all the girls in their lives.

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