

Bloom *from* within GIRLS SELF CONFIDENCE PROGRAM



info@bloomfromwithinprogram.com



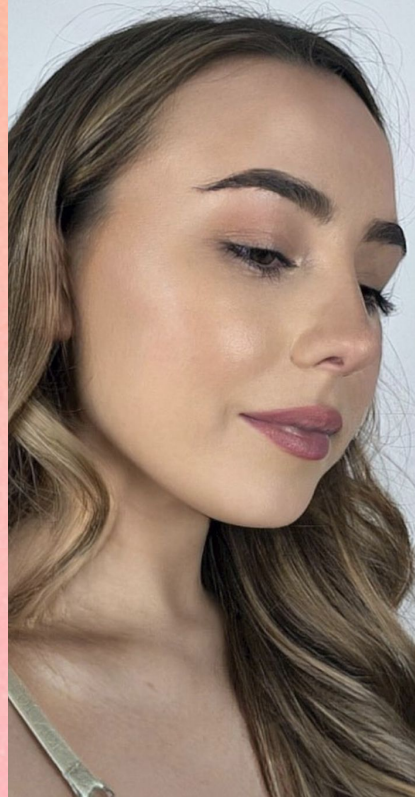
Bloomfromwithinprogram.com



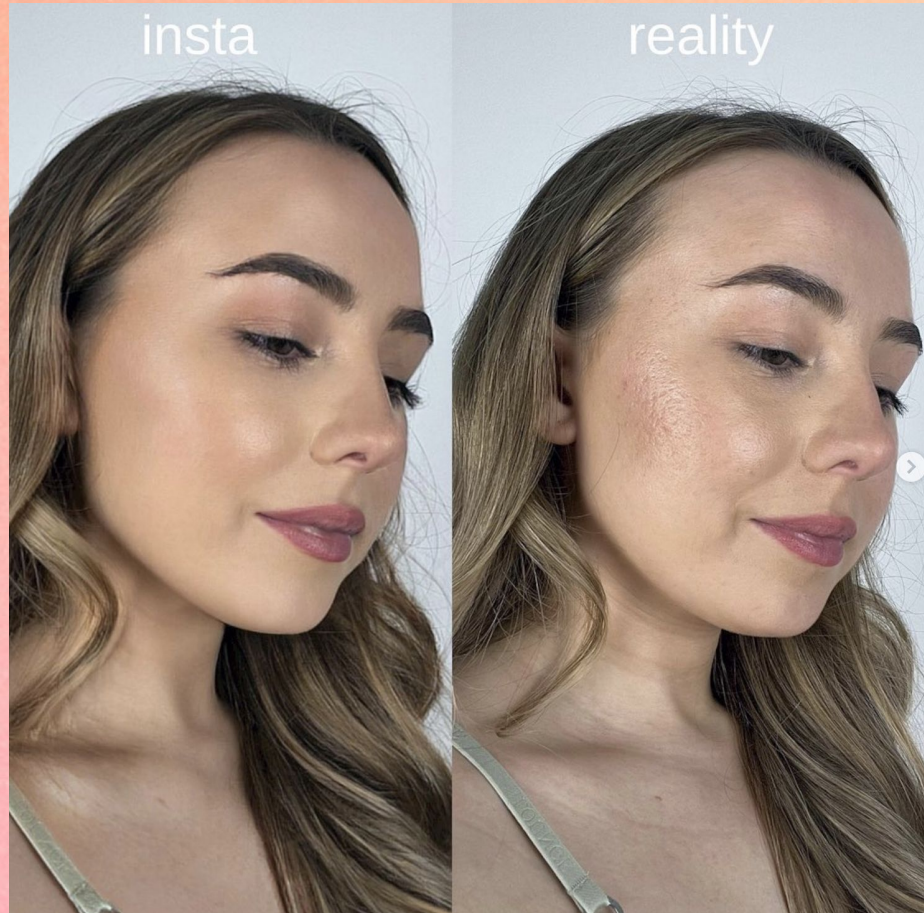
[@ bloomfromwithin](https://www.instagram.com/bloomfromwithin)

Is what we see on social media a true representation of the person or their lifestyle?

Is this image real or edited?



Bloom
from within



insta

reality

**Does her body look like this all
the time?**



Bloom
from within



The Instagram vs. Reality Challenge

Using the following images, compare and discuss with a partner:

How does posing and lighting change the way someone looks?

How easy is it to create an unrealistic image?

How might these images affect viewers' self-esteem?

**How does posing and lighting change the way someone looks?
How easy is it to create an unrealistic image?
How might these images affect viewers' self-esteem?**

Bloom
from within



**Social media is a highlight reel,
often what we see is only the
positives to the person's life.**

**If the content you are consuming is impacting the
way you think or feel about yourself, mute or
remove their content.**

Bloom From Within



"It was inspiring to see our students gain confidence and learn to embrace their individuality." ~ Teacher feedback

Bloom From Within programs teach skills and strategies to improve the overall confidence of girl's, thereby increasing their participation in school and life. Our programs are written & delivered by a teacher and approved by a psychologist.

Content Covered;

- Sense of Self
- Body Image
- Positive Mindset Set
- Self-Management Strategies

Curriculum links;

Stage 3 PD3-1, PD3-3, PD3-7, PD3-9

Stage 4 PD4-1, PD4-2, PD4-9, PD4-10

Stage 5 PD5-6, PD5-7, PD5-9

[More program info](#)

