

Bloom From Within

Body image & social media education

Students empowered with knowledge, skills and strategies to navigate and overcome low self confidence.

Bloom From Within programs are an Australian female self confidence education for adolescent and teen girls presented by an experienced teacher.

Our research-based presentations empower students to recognise misleading content and unsafe situations online, and to reduce the impact of social media on their perception of self.

Our program is Psychologist and counsellor approved.

It includes the following content;

- Body image & acceptance
- The thinking cycle
- Reframing unhelpful thoughts & limiting beliefs associated with negative body image
- Edited vs unedited images
- Online protective strategies & boundaries
- Reporting online negative, harmful or unsafe situations
- External factors influencing self perception

Students don't need to suffer from negative body image.

95% of Bloom From Within students recorded having improved self confidence.



Bloom
within

www.bloomfromwithinprogram.com

Increased Engagement & Confidence

ADDRESSING BODY IMAGE CONCERNS IN SCHOOLS

- ! 90.9% of young people aged 12-18 reported some level of body dissatisfaction (2024 BodyKind Youth Survey).
- ! 57.2% reported social media made them feel dissatisfied about their body (2024 BodyKind Youth Survey).
- ! 38.6% confirmed their body image stopped them from giving an opinion or standing up for themselves (2024 BodyKind Youth Survey)
- ✦ **Our program provides students with ongoing support to implement strategies that will increase self and body confidence so they feel comfortable contributing in class and society.**

IMPROVING ENGAGEMENT AND PERFORMANCE

- ! 50% young people said that how they view their body has prevented them at some point from raising their hand in class (2024 BodyKind Youth Survey).
- ! Improving a student's wellbeing index by one standard deviation can result in an approximate 5% improvement in their expected NAPLAN numeracy scores between years 7 and 9 (Cárdenas et al. 2022).
- ✦ **Research shows us that students with a greater level of wellbeing are more likely to achieve improved academic outcomes.**



Body Image & Social Media Presentation

PRIMARY PRESENTATIONS

Duration: 2hrs
(per presentation)

Cost: See price guide

Bloom - Years 3 & 4

Body Image

Understanding the thinking cycle, recognising helpful & unhelpful thoughts, reframing thoughts, promoting body appreciation.

Social Media

Protecting personal information on social media, recognising edited vs unedited images, online protective strategies & boundaries.

Outcomes: PH2-RRS-02

Shine Within - Years 5 & 6

Body Image

Understanding the thinking cycle, recognising helpful & unhelpful thoughts, reframing thoughts, body image & acceptance.

Social Media

Recognising edited vs unedited images, online protective strategies & boundaries reporting online negative, harmful or unsafe situations.

Outcomes: PH3-RRS-02



SENIOR PRESENTATIONS

Duration: 2hrs
(per presentation)

Cost: See price guide

Empower Her - Year 7 & 8

Body Image

Recognising their thinking cycles, recognising unhelpful thoughts & reframing, identifying limiting beliefs, body image & acceptance.

Social Media

Recognising edited vs unedited images, online protective strategies & boundaries, recognising the impact social media can have on self perception.

Outcomes: PH4-RRL-01, PH4-SHW-01

Cultivating Confidence - Year 9 & 10

Body Image

Applying knowledge of the thinking cycle, identifies and reframes unhelpful thoughts & limiting beliefs, body image & external factors influencing self perception

Social Media

Recognising edited vs unedited content, online protective strategies for self-esteem & self-worth, fostering safe, inclusive and positive online experiences.

Outcomes: PH5-SMI-01, PH5-RRL-01

All students receive a journal

Written & Presented by a NSW Teacher

Add on a confidence presentation

PRIMARY PRESENTATIONS

Duration: 2hrs
(per presentation)

Cost: See price guide

Bloom - Years 3 & 4

Sense of Self

- Personal Identity: interests, personality & personal strengths

Self-management

- Emotions & feelings
- Healthy relationships

Outcomes: PH2-RRS-01, PH2-SMI-01

Shine Within - Years 5 & 6

Sense of Self

- Personal Identity: interests, personality & values

Self-management

- Emotions & feelings
- Setting boundaries

Outcomes: PH3-RRS-01, PH3-SMI-01



SENIOR PRESENTATIONS

Duration: 2hrs
(per presentation)

Cost: See price guide

Empower Her - Year 7 & 8

- Personal Identity: values, personality & beliefs
- Embodying personal identity

Self-management

- Emotions & feelings
- Healthy relationships
- Setting boundaries

Outcomes: PH4-SMI-01, PH4-RRL-01, PH4-IBC-01

Cultivating Confidence - Year 9 & 10

Sense of Self

- Understanding personal Identity
- Personal values & belief systems
- External influences on personal identity

Self-management

- Stress and anxiety management

Outcomes: PH5-SMI-01, PH5-RRL-01, PH5-IBC-01

Written & Presented by a NSW Teacher

All students receive a journal

Host a Bloom From Within
presentation from anywhere!

Online Presentations

Informed, empowered & confident



Bloom
from within

Online Presentations

HOST AN ENGAGING PRESENTATION WHERE STUDENTS LEARN THEN DO!



“That was not like your average presentation, the girls were so engaged with everything Brooke had to say. Incredibly valuable.”

Head Teacher Feedback

“The Bloom From Within program has helped me to gain confidence in who I am rather than focusing on how my body looks.”

Student Feedback

“This is the best program we’ve ever brought into our school”

Principal Feedback

HOW IT WORKS

1. Choose a date to host your online presentation
2. Join the pre-recorded presentation via a link and project it for your students.
Your link will be valid for 24 hours
3. Print student’s Bloom From Within reflective journals
4. You will be provided with a ‘teacher manual’ to help facilitation.

WHAT’S INCLUDED

You will receive:

- The online presentation link for your chosen date
- A teacher manual with instructions to facilitate the event
- A Bloom From Within printable journal for students to use during the presentation

Body image & social media online presentation

Psychologist and counsellor approved

BODY IMAGE & SOCIAL MEDIA ONLINE

Grades 5- 12

Delivered over 2 days

24 hrs access to each session

Session 1 (1-1.5hrs) - social media smart & body image

- Body image
- Understanding the thinking cycle
- Recognising helpful & unhelpful thoughts
- Reframing thoughts
- Protecting personal information on social media
- Recognising edited vs unedited images
- Online protective strategies & boundaries

Session 2 (1-1.5hrs) - Navigating social media influences & self perception

- Applying knowledge of the thinking cycle to self
- Identifies and reframes unhelpful thoughts & limiting beliefs
- Body image & external factors influencing self perception
- Recognising edited vs unedited content and the impact on self perception
- Online rights and responsibilities to protect personal information & reputation
- Online protective strategies for self-esteem & self-worth
- Fostering safe, inclusive and positive online experiences

ADD A LIVE Q&A

Cost: see price guide

Duration: 20 minutes

Add a LIVE Q&A with Brooke (our founder, primary school teacher & self confidence educator). This segment will be included at the end of your presentation so your students can ask their body image & social media questions.

- You'll receive a link for the LIVE Q&A broadcast to join after your online presentation is finished.

90%
of students had improved
knowledge in how to develop a
positive mindset after participating
in the program.

Written & Presented by a NSW Teacher

Testimonials

What teachers & students are saying about
Bloom From Within

"Our girls are always talking, I've never seen them so quiet and engaged!"

Teacher Feedback

"This is the best programs we've brought into our school, we will be rebooking yearly."

Principal Feedback

"I love how safe Brooke made me feel, I could open up which helped me discover my self worth and self confidence."

Student Feedback

"Brooke creates such a safe space that allows you to speak your mind and ask questions."

"I can't believe how engaged our Stage 5 girls are in the program."

Teacher Feedback

Student Feedback

"There's a very powerful message for our girls - you are enough. We have already rebooked Brooke."

"I didn't realise that people were editing themselves to look perfect on social media. Now I have this knowledge, I will be more mindful when I am scrolling."

Student Feedback

Teacher Feedback

Meet Brooke

Brooke is the founder of Bloom from Within, a passionate primary school teacher and self confidence educator. She believes that all girls deserve to feel confident in their bodies and themselves, having the knowledge and skills to care for their wellbeing.

Brooke has worked with students and young women for over 10 years and is dedicated to empowering students to feel confident in themselves and their bodies.

“No student deserves to suffer from negative body image.”

“I absolutely loved today!
Every girl needs to participate in Bloom
From Within.”

Student Testimonial

Brooke Tilyard
Founder of Bloom From Within
Teacher & Self Confidence Educator

Bloom
from within



Contact us



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bloomfromwithinprogram.com



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