

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.

Written & Presented by a NSW Teacher



# Body image & social media online presentation

Curriculum & syllabus alignment

## NSW SYLLABUS ALIGNMENT

PDHPE (2018)

- PD4-9, PD4-6, PD5-9

PDHPE (2024)

- PH3-RRS-02, PH4-RRL-01, PH5-RRL-01

## VIC CURRICULUM ALIGNMENT

HPE

- VC2HP6P07, VC2HP6P08, VC2HP8P07, VC2HP8P09, VC2HP10P01

## QLD, NT & SA CURRICULUM ALIGNMENT

HPE

- ACPPS057, ACPPS071, ACPPS089, ACPPS092, ACPPS098

## WA CURRICULUM ALIGNMENT

HPE

- WA5HEHPS1, WA5HEHPS3, WA6HEHPP1, WA6HEHPS1, WA6HEHPPH2, WA7HEHPS1, WA7HEHPS2, WA7HEHPS4, WA7HEHPPH4, WA7HEHPI1, WA8HEHPP1, WA8HEHPS3, WA8HEHPI2, WA9HEHPP1, WA9HEHPS1, WA9HEHPS4, WA10HEHPS1, WA10HEHPPH1,

Written & Presented by a NSW Teacher



**94%**  
of girls had an improved  
ability to embrace their  
bodies after participating in  
the program



# Testimonials

What teachers & students are saying about  
Bloom From Within

"This program even had our quiet students excited and talking!"

## Teacher Feedback

"It was inspiring to see our students gain confidence and learn to embrace their individuality through the Bloom From Within program."

## Teacher 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

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

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

## Teacher Feedback

## Student Feedback

"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."

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

## 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 be held back by their lack of confidence.”

“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



# Contact us



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