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.



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: 1hr (per presentation) **Cost: See price guide**

Year 3 or 4

Body Image Presentation

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

Social Media Presentation

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

Outcomes: PH2-RRS-02

Year 5 or 6

Body Image Presentation

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

Social Media Presentation

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

Outcomes: PH3-RRS-02

SENIOR PRESENTATIONS

Duration: 1hr (per presentation) **Cost: See price guide**

Year 7 or 8

Body Image Presentation

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

Social Media Presentation

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

Year 9 or 10

Body Image Presentation

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

Social Media Presentation

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

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Add on a confidence presentation

PRIMARY PRESENTATIONS

Duration: 1hr (per presentation) **Cost: See price guide**

Year 3 or 4

Sense of Self Presentation
- Personal Identity: interests, personality & personal strengths

Self-management Presentation
- Emotions & feelings
- Healthy relationships

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

Year 5 or 6

Sense of Self Presentation
- Personal Identity: interests, personality & values

Self-management Presentation
- Emotions & feelings
- Setting boundaries

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

SENIOR PRESENTATIONS

Duration: 1hr (per presentation) **Cost: See price guide**

Year 7 or 8

Sense of Self Presentation
- Personal Identity: values, personality & beliefs
- Embodying personal identity

Self-management Presentation
- Emotions & feelings
- Healthy relationships
- Setting boundaries

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

Year 9 or 10

Sense of Self Presentation
- Understanding personal Identity
- Personal values & belief systems
- External influences on personal identity

Self-management Presentation
- Stress and anxiety management

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

> Bloom From Within taught me that not everything I see on social media is real and that it's important not to compare my self or body to what I see online.
>
> Student Testimonial



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All students receive a journal

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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

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

Teacher Feedback

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

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."

Student Feedback

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

Teacher Feedback

Bloom from within

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

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Contact us



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