

**GIRLS ARE FACING EVER-INCREASING ISSUES... LET'S JOIN TOGETHER TO EQUIP & EMPOWER THEM TODAY.**

# Creative Program Building Self-Esteem, Identity and Confidence in Girls.



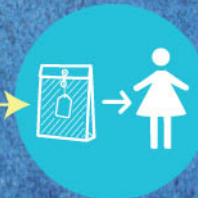
**YOU CAN MAKE LASTING IMPACTS**

**ESTEEM DESIGNZ | [www.esteemdesignz.com.au](http://www.esteemdesignz.com.au) | [info@esteemdesignz.com.au](mailto:info@esteemdesignz.com.au)**

**WANT TO EMPOWER GIRLS?**  
?



**ORDER RESOURCES:**  
1. Kits for each girl  
2. Facilitators Resource Manual



**GIVE GIRLS THEIR KITS**



**WORK THROUGH DESIGN PROJECTS + DISCUSSIONS + ACTIVITIES**



**GIRLS EQUIPPED & EMPOWERED + DEVELOP SKILLS / TOOLS**

**MAKE LASTING IMPACTS!**  
Two girls holding hands.

## VALUABLE RESOURCE HELPING YOU FURTHER ENGAGE, EQUIP, AND EMPOWER GIRLS

We understand that schools have a vital and privileged role in the development of students' MENTAL HEALTH, identity, personal growth and ability to cope with change and difficulties. We would love to partner with you to achieve this.

### >> WHY - THE NEED <<

### >> WHAT - OUR MISSION <<

Esteem Designz Program is a **MENTAL HEALTH** resource designed to champion girls (pre-teens to young adults) to know and be content and confident in their REAL identity and value, and see and encourage the value of others. Girls are equipped with key skills and tools to endure and thrive through life's challenges - all through **CREATIVITY**.

**OUR PASSION** - Helping girls not feel the need to hustle for their approval and acceptance, but claim their intrinsic worth and be unashamedly authentic and REAL, not molded into other's expectations, but FREE... Free to confidently be all they can be and reach their full potential.

*"Every girl needs Esteem Designz and the endless benefits it provides"*

**75% OF GIRLS SUFFERING** from **LOW SELF-ESTEEM** are engaging in self-destructive behaviours, depression & even suicide  
**WE HAVE TO BREAK THIS CYCLE**

### SOME OF THE ISSUES ESTEEM DESIGNZ COMBATS:

- Low self-esteem + identity - the root of all problematic behaviours
- Constant comparison and competition
- Deceiving messages of perfectionism through the media - I'm not enough!
- Peer pressure and relationships
- Unrealistic expectations
- Disengagement, opposition, apathy, self-destructive behaviours

**70% OF GIRLS BELIEVE THEY ARE NOT GOOD ENOUGH OR DON'T MEASURE UP;** and over 70% (15-17yo) avoid normal daily activities, such as attending school, when they feel bad about their looks/self.

### >> HOW - ESTEEM DESIGNZ WORKS <<

- Based on fun, interactive and meaningful Design Projects and activities - to resource schools to engage, equip and empower girls
- 5 focused stages / Design Projects + interactive activities / discussions
- Target Age: Girls in grade 5-10 (10-16yrs old)
- Flexible to meet your group needs
- Common structure = 8-10 weeks for 45mins-1hr (many options available)
- Experiential discovery based learning + strengths-based approach to help girls learn and practice lasting skills and tools
- Facilitators Resource Manual enables ANYONE to run Esteem Designz - easy to use



### GIVE GIRLS THEIR KITS

- Empowering Gift + Ownership
- Ready to go = No work for you



### TOOLS

- Reflective Journal
- Clue Cards 4 Life
- Encouragement Cards



### 5 DESIGN PROJECTS + ACTIVITIES

- + Instructions Booklet
- All packaged ready to go
- Fun, interactive & meaningful



### TOOLS THEY CREATE / LEARN STRATEGIES / DISCOVER IDENTITY

- Expressive / practical / ongoing / take-home
- Learn through the process of creating + tools they create



### DISCUSSIONS - LEARNING FROM EACH OTHER

- Safe non-confronting space created
- Openly share, give advice, encouragement, practice, self-discover

### >> COST <<

**"Completely worth the investment"**

- >> \$60 per kit/girl - over 8 meaningful and empowering resources for only \$7.50 each. Valued at over \$200. Girls keep everything.
- >> \$80 for the Facilitator's Resource Manual + online tools + additional resources
- >> Funding options available online

### >> PROVEN PROGRAM / EVIDENCE <<

Esteem Designz has been implemented in over 250 schools, welfare and community organisations across Australia, with 2,500 girls being equipped and empowered and impacting the girls around them.

**98-100% of girls increase their self-confidence** - alleviating the suffering of low-self esteem and it's ongoing damaging effects.

### >> STORIES OF TRANSFORMATION <<

*"Esteem Designz changed my life and our whole grade"*

*"I learnt to trust and believe in who I am"*

*"Through the awesome projects I now know that I can cope with anything and learnt really helpful ways to deal with life"*

*"I feel much more confident in myself... I learnt to not to let anyone put you down and that you don't have to be perfect all the time"*

*"I don't care what people say about me anymore and I feel great about that. I learnt that when life knocks you down, you got to keep going"*

*"Schools are always looking for programs that engage, inspire and facilitate discussion at a deep level to bring about positive change in the lives of students. Esteem Designz is flexible, affordable, engaging, accessible and effective in bringing a unique opportunity to invest in the potential of our girls as they navigate the challenging years of adolescence"*

*"We hoped for our girls to BREAK FREE and that is exactly what Esteem Designz Program enabled them to do, empowering them with practical strategies and confidence to overcome their struggles"*

### >> SIMPLE NEXT STEPS <<

We would love to partner with you to equip & empowering girls today!

#### 3 SIMPLE STEPS TO IMPLEMENT ESTEEM DESIGNZ PROGRAM:

1. Purchase Girls Resource Kits for each participating girl. Online shop or order form
2. Purchase Facilitators Resource Manual - one for each leader or share.
3. All the work is done for you! Simply organise basic equipment (scissors, glue, textas), give the girls their empowering kit, and work through the program with them.

### >> BENEFITS <<

#### TRANSFORMATIONAL OUTCOMES :

As the girls create the 5 Design Projects/tools and engage in group discussions, they create:

- Authenticity and confidence in who they really are
- Celebrate differences instead of comparing
- Discover their unique characteristics
- Reinforce resilience
- Develop a positive sense of self and self-management
- Practice strategies to overcome challenges and change
- Form positive and respectful relationships
- Grow in social and emotional skills
- Achieve meaningful goals that boost self-confidence and worth
- Promote unity and leadership
- Cultivate critical skills in choice making, communication, encouragement and problem solving + +
- It is also a fantastic resource to help girls transition into new experiences and out of others
- Helps girls respect and engage positively with themselves, those around them, and their communities
- And THEREFORE achieve greater academic success, engagement in school / jobs, positive mental health, satisfaction in life and ability to reach their full potential.

#### KEY BENEFITS FOR YOUR SCHOOL:

- Easy to use - ready to go resources
- Cost Effective / worth investing
- Supports schools' Wellbeing Framework / welfare / mental health strategies
- Personal Development Stand - PDHPE
- Proven - highly engaging & effective
- Endless transformational outcomes
- Ongoing sustainability / results
- Flexible
- Leadership / peer-mentor opportunities
- Create culture-shift in school
- Invest in the potential of your girls



Esteem Designz