



Animated Topic Series Educator Guide

Dove Self-Esteem Project

This series of animated videos was created to support the work of the Dove Self-Esteem Project which is the world's largest provider of youth self-esteem and body confidence education resources. These resources inspire self-love, body positivity, self-esteem, confidence, and well-being. To learn more about the wealth of resources for educators, mentors, coaches, parents, and advocates visit [their website](#).



About the Animated Video Series

What if young people were able to appreciate their appearance and bodies with confidence, instead of anxiety? What if our youngest generation could grow up enjoying cultural pride and a positive relationship with the way they look? The *Dove Self-Esteem Project Animated Topic Series* encourages young people to realize their full potential and raise their body confidence and self-esteem. By modeling positive peer relationships that focus on reconsidering appearance ideals and perceived judgments that often diminish confidence, students will discover that their own self-worth does not need to be limited or dominated by their appearance. Students can build body confidence when they are more aware of societal ideals from peers, the media, and family, and learn how to reject those and celebrate who they are, what their body does, and what it looks like.

Every student requires body confidence skills to productively engage in their communities, foster healthy relationships, and challenge appearance ideals. The animated video series offers both you and your students relevant lesson plans focused on body confidence and its role in self-esteem. These lessons are crafted to tackle current issues, equipping students to assert control over societal appearance ideals, social comparisons, and pressures reinforcing them from media and peers. The inclusive approach addresses the intricacies of self-perception and peer-to-peer dynamics, fostering the development of crucial interpersonal and intrapersonal skills. The goal is to empower students to navigate their cultural environment and embrace their unique bodies with confidence.



Using the Animated Videos and Curriculum Resources in Your Classroom

The animated videos and curriculum resources in this three-part topic series can be used independently or as a unit in any order, depending on the needs of your students. It is recommended to use all of the animated videos, as a collection, to emphasize inclusivity from many perspectives from cultural appreciation to body confidence in young people among their peers.

National Health Education Standards

Standard 1 Students will comprehend concepts related to health promotion and disease prevention to enhance their health.

Standard 2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3 Students will demonstrate the ability to access valid information and products and services to enhance health.

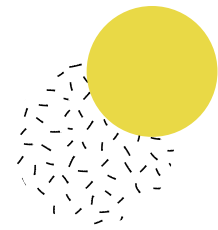
Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6 Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.



My Hair, My Crown: A tool to help build confidence

Resources and tools were created for educators, parents, and mentors to boost hair confidence in kids with coils, curls, waves and protective styles while building allyships to:

**Create a
Respectful and
Open
World for
Natural Hair.**



Resources available to educators and coaches:

- Student Activity: 45–60 minutes of a classroom activity that pairs with the animated video.
- Animated Video: Features two friends having a powerful conversation about hair identity and culture.
- Workshop Tool: 90-minute workshop, created by Dove, designed to address a prevalent source of appearance pressure for those with coils, curls, waves, and protective styles, often associated with Black and Brown cultures. This workshop provides options for both virtual and in-person delivery.
- Discovery Education Studio Board: An interactive media board that allows students to dig deeper into the topic and personalize their learning experience.
- The Official Campaign of The CROWN Act led by the CROWN Coalition: <https://www.thecrownact.com/>.

Suggestions for implementation in the classroom:

Begin by reviewing all materials for usage in your classroom or afterschool program. Use the student activity to introduce students to the topic and animation. Dig in deeper using Dove's My Hair, My Crown Workshop. Extend learning and allow students to share what they have learned using the Discovery Education Studio Board.

Additional strategies:

While utilizing the resources provided, you may want to differentiate using various strategies. We have included some Discovery Education Spotlight on Strategies that pair well with discussion and media.

Celebrándome (Celebrating Me): Building self-confidence in Hispanic/Latinx Youth

These resources were created to provide a space to explore body confidence while learning about appearance ideals in society and their culture. Using these resources will help students to build skills and confidence in leading conversations around appearance ideals and their impact.



Resources available to educators and coaches:

- Student Activity: 45–60 minutes of a classroom activity that pairs with the animated video.
- Animated Video: Features a group of friends that dives into the topic of colorism and its impact.
- Workshop Tool: 70-minute workshop with extension options, created by Dove, designed to guide facilitators in leading a group activity to empower students in speaking out against appearance ideals and exploring body confidence. This workshop provides options for both virtual and in-person delivery.
- Discovery Education Studio Board: An interactive media board that allows students to dig deeper into the topic and personalize their learning experience.
- Learn more about how to encourage Hispanic/Latinx youth to celebrate themselves everyday: <https://www.dove.com/us/en/dove-self-esteem-project/help-for-parents/celebrandome.html>.

Suggestions for implementation in the classroom:

Begin by reviewing all materials for usage in your classroom or afterschool program. Use the student activity to introduce students to the topic and animation. Dig in deeper using Dove's *Celebrándome* workshop tool. Extend learning and allow students to share what they have learned using the Discovery Education Studio Board.

Additional strategies:

While utilizing the resources provided, you may want to differentiate using various strategies. We have included some Discovery Education Spotlight on Strategies that pair well with discussion and media.

Body Confident Sport: Building body confidence in sports #keeperconfident

These resources were created to help keep girls in sports by promoting positive body image and confidence. This empowers girls to understand that there are diverse athletics and physical activities that can be enjoyed by all body types.

Resources available to educators and coaches:

- Student Activity: 45–60 minutes of a classroom activity that pairs with the animated video.
- Animated Video: Features a group of friends who discuss how appearance and body type does not impact your ability to participate in sports.
- Workshop Tools: Three sessions that contain facilitator guides, a presentation, and student workbook, all created by Dove. These are designed to guide coaches and PE teachers in challenging body talk in sports, body image, and sports experiences.
- Discovery Education Studio Board: An interactive media board that allows students to dig deeper into the topic and personalize their learning experience.
- Learn more: go to <https://www.dove.com/us/en/stories/campaigns/confident-sports.html> which will direct you to Body Confident Sport where you can download the program.

Suggestions for implementation in the classroom:

Begin by reviewing all materials for usage in your classroom or afterschool program. Use the student activity to introduce students to the topic and animation. Dig in deeper using Dove's Body Confident Sport workshop tools. Extend learning and allow students to share what they have learned using the Discovery Education Studio Board.

Additional strategies:

While utilizing the resources provided, you may want to differentiate using various strategies. We have included some Discovery Education Spotlight on Strategies that pair well with discussion and media.

Six Word Story

Directions

Summarize or tell a story of what you have learned in six words.

Vocabulary Quadrants

Directions

Write your vocabulary word in the middle, then record a definition, facts/characteristics, examples, and a personal connection.

Definition	Facts/Characteristics
Examples from Media	Personal Connection

WORD

Placemat

Directions

Use the shared paper to write your individual responses, then collaborate with your group to create a group response.

Partner 1 Response	Partner 2 Response	
Partner 3 Response	Group Reflection	Partner 4 Response