Free Being Me Challenge

To celebrate International Day of the Girl, Girl Scouts of Maine is introducing a Free Being Me Challenge for all girls. The challenge's goal is to empower girls to reach their full potential by strengthening their body confidence and self-esteem. We want girls everywhere to feel free to be themselves!

What is International Day of the Girl?
International Day of the Girl is a day where the global community comes together to celebrate the power of girls. The day also highlights and addresses the needs and challenges girls face worldwide, while promoting girls' empowerment. International Day of the Girl is celebrated on October 11 every year.

What is Free Being Me Program?
World Association of Girl Guides and Girl Scouts (WAGGGS) partnered with the Dove Self Esteem Project in 2013 to create a program to make a real change in the way girls perceive and embrace beauty. Through the Free Being Me program, girls learn that body confidence and self-esteem come from valuing their bodies, standing up to social pressures, and supporting others to be more body confident.

So what is the Free Being Me Challenge?
This challenge incorporates activities from the Free Being Me Program into a daily challenge in celebration of International Day of the Girl and days leading up to it. The challenge starts on October 1st and continues with an activity each day through October 11th. Girls are asked to complete the activities each day. Girls who submit the final evaluation with a photo to GSME by October 30, 2020 will receive a “Free Being Me” patch at no cost.

To receive your patch, please complete the following:
1. Complete the Personal Information Section so we know where to send your patch.
2. Complete the Evaluation Section so we know what you liked about this challenge and how we can improve it.
3. Take a photo of yourself with your Free Being Me Box, your messages, and other things you created during this challenge. In the Photo Section, please add comments about your photo.
4. Please submit the completed patch information form and evaluation with one photo to customercare@gsmaine.org by October 30, 2020.
## Free Being Me Challenge
By GSME Global Action Team

<table>
<thead>
<tr>
<th>Activity #1 (Thursday, Oct. 1)</th>
<th>Pot of Gold</th>
<th>Let’s try it!</th>
<th>Add to your Me Box!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In Ireland, there is a well-known legend about the leprechaun (a mischievous Irish fairy). He had lots of treasure that he kept locked inside an old pot, hidden at the end of the rainbow. We are all special, a bit like the leprechaun’s treasure. Except, what makes us really special comes from inside us. We can be kind and brave, loving and clever. Sometimes, we keep what is special about us hidden deep inside, such as character qualities like being patient or curious, helpful or adventurous; or things we are good at like good at climbing, painting, or science.</td>
<td>Share your pieces of gold by sharing somethings special about yourself (at least 5). (Activity #1 Sheet provided)</td>
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<tr>
<td>Activity #2 (Friday, Oct. 2)</td>
<td>Free Being Me Box</td>
<td>Add to your Me Box!</td>
<td>Let’s start with adding your pieces of gold from yesterday!</td>
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<td></td>
<td>Today you will create a Free Being Me box that you will use for the next 10 days. You can use anything you want to make and decorate your box...a shoe box or plastic container for example. Decorate it with markers, stickers, or any way you choose. You will add positive messages to your Me Box, showing that what is inside you matters most. Remember to add to your Me Box each day!</td>
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<tr>
<td>Activity #3 (Saturday, Oct. 3)</td>
<td>Movie Night!</td>
<td>Add to your Me Box!</td>
<td>What are three words to describe the female character of the movie you choose? Do any of these words also describe you? Add these words to your Me Box.</td>
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</table>
|                               | Spend a night or afternoon watching an age-appropriate film that shows a female character being true to herself. For example:  
  - **Brave** – 2012 Disney/Pixar film and role of Merida (PG)  
  - **Stargirl** – 2020 Disney film and role of Stargirl (PG)  
  After watching the movie, think about how your female character was expected to be and what or how she did to stay true to herself. | | |
### Activity #4 (Sunday, Oct. 4)

**I Like Me Fortune Teller**
Sometimes we get so caught up worrying about the way we look that we forget about all of the AMAZING qualities, talents and unique characteristics that each one of us possess.
So, let’s have fun! Fill out the fortune teller with eight special qualities, talents and/or unique characteristics you like about yourself. It sounds hard but it’s really not.
After you do the challenge, think about how it made you feel talking positively about yourself. Learning to speak confidently about ourselves and who we are is a great way to boost body confidence!

*Remember to add a positive message to your Me Box today!*

### Let’s try it!
Make your own fortune teller and use 8 words to describe what you like best about yourself.
(Activity #4 Sheet provided)

### Activity #5 (Monday, Oct. 5)

**Real Role Models**
Every girl should have a role model, someone she can look up to and who is an example to be imitated. You’ve had a couple of days to think about what you like about yourself. Now think about:
- Who is your role model
- Why do you like her? What makes her special?
- What are her best qualities? What is her inner qualities? What makes her a beautiful person?
- Are any of the words you use to describe her the same as words that describe you?

*Remember to add a positive message to your Me Box today!*

### Define Your Role Model
Fill out the Role Model Template about your role model. Really think about the qualities she has to be a role model.
(Activity #5 Sheet provided)

### Activity #6 (Tuesday, Oct. 6)

**Beauty Around the World**
There’s more than one way to look beautiful. Different societies around the world in the past and the present have had lots of different ideas about what is beautiful. For example, girls in the USA like to get tan in the summer so their skin is darker but there are countries where lighter skin is more attractive. So is there only way to look beautiful, when beauty is seen so differently around the world?

*Remember to add a positive message to your Me Box today!*

### Beauty Around the World
Using the Beauty Around the World fact sheet, have someone read the questions to you, and answer each question with true or false. You’ll be surprised what you learn!
(Activity #6 Sheet provided)
| Activity #7 (Wednesday, Oct. 7) | You’re My Star  
Let’s share your knowledge and tell the people you know that there’s not just one way to be beautiful, and looks aren’t the only thing that matter. Think about a positive message that is important to you that you can share. Some examples are:  
- You are a star just as you are!  
- You are beautiful!  
- Be proud of your body, it is amazing. | Let’s try it!  
Using the star shapes, write down at least 3 positive messages (not the ones used as examples) that you would like to share with others. Once you’ve shared them, add the messages to your Me Box.  
(Activity #7 Sheet provided) |
| Activity #8 (Thursday, Oct. 8) | Feeling Great Messages  
What do you say when you hear a friend say something negative about the way they look? How do you come up with a positive reply? It’s not always simple; it takes some practice. Your positive reply needs to let your friend know that there isn’t just one way to be beautiful, so worrying about trying to fit with a certain look isn’t worth it.  
For example: In response to, “My friends won’t like me if I’m not pretty”, you could say, “Don’t worry, I don’t agree! People like you because of who you are, not what you look like!”  
*Remember to add a positive message to your Me Box today!* | Let’s try it!  
In the Activity Sheet, there are several real messages from real girls about their appearances. Pick at least 3 messages and come up with positive messages for the girls to help them understand that there’s no such thing as one way to look beautiful.  
(Activity #8 Sheet provided) |
| Activity #9 (Friday, Oct. 9) | Love Your Body!  
Often we spend time worrying about what our bodies look like, without appreciating all of the wonderful things are our bodies allow us to do!  
Think of an activity you enjoy, such as hiking, yoga, singing, dancing... If you have time today, do an activity you enjoy, just for you! Which parts of your body do you use to do this activity?  
*Remember to add a positive message to your Me Box today!* | Let’s try it!  
Take time today – do an activity you enjoy, just for you! Celebrate those parts of the body that helped you accomplish your activity. |
| **Activity #10**<br>(Saturday, Oct. 10) | **Free Being Me Pledge Card**<br>Think about what you’ve learned about yourself over the past 10 days. Can you make a promise to do little things to help yourself and others to feel more confident about their bodies? For example: You can...<br>• Promise not to say anything hurtful to your friends that might make them worry about how they look<br>• Promise to remind people that there isn’t just one way to look beautiful. | **Take the Pledge!**<br>Fill out your pledge card and share it with your family and friends. Put it in your *Me Box* for safe keeping.<br>(Pledge Cards provided) |
| **International Day of the Girl**<br>(Sunday, Oct 11) | **Celebrate!**<br>Today is International Day of the Girl! Celebrate being a girl and being empowered.<br>Looking back over the past 10 days and all you learned about body positive messaging, here is one more challenge!<br>  If you were president or governor, what is the one law you would pass to create a more body positive society? For example, did you know that in 2016, the Mayor of London banned advertisements on all London public transportation that promote unhealthy body image?<br>Looking back over the past 10 days, you have accomplished so much towards body confidence, self-esteem, positive body messages. As reminder open your *Me Box* every so often to reread all your messages. | **Law for Body Positivity**<br>Write your proposed law down and put it in your *Me Box* for future use.<br><br><b>Final Steps...</b> Ready to get your patch? All you need to do is:<br>• Complete the evaluation<br>• Have someone take your picture<br•>And send in your information |
Free Being Me Challenge Patch Information

To receive your patch, please complete the following:
1. Complete the Personal Information Section so we know where to send your patch, which is free.
2. Complete the Evaluation Section so we know what you liked about this challenge and how we can improve it.
3. Take a photo of yourself with your Free Being Me Box, your messages, and other things you created during this challenge. In the Photo Section, please add comments about your photo.
4. Submit to: customercare@gsmaine.org by October 30, 2020.

Personal Information Section:

Girl’s Name: ____________________________________________________________ Level: __________________

Address: ________________________________________________________________

[Office Use] Date Received: ___________________________ Date Patches Mailed: ___________________________

Evaluation Section:

<table>
<thead>
<tr>
<th>What was your favorite activity and why?</th>
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<tbody>
<tr>
<td>What did you learn about yourself while completing the activities?</td>
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<tr>
<td>Are you interested in doing a 5 part series with a Take Action Project on Free Being Me? This series was develop by World Association of Girl Guides and Girl Scouts (WAGGGS) in partnership with Dove.</td>
</tr>
</tbody>
</table>

Note: For Seniors and Ambassadors, GSME will be offering a Free Being Me series just for your age group in December. Register for the series here.

Photo Section:

Add comments about your *photo.

*If parents have not granted photo permission, please simply state that when submitting this form and responses to the questions.