Each girl is going to receive a piece of fabric, with a marker write the one thing you dislike about yourself. Now get in a half sitting down circle, one girl at a time will step up and we will yell one thing that pops up into our head when we see her. On the side of the fabric that is labeled with the insecurity we will put an X. on the other she will write one word that she heard when we screamed what we liked about her. Now lets get back in a circle, we are going to be standing around a mirror. When you its your turn look at what do you see?. What are your insecurities? Is it because of the media? or cause of what somebody said to you?.

Remember girls, you are GORGEOUS, whatever the media says don’t believe it, you are perfect just the way your. Work with what you have. Enhance it. Don’t do harmful stuff to your body because of what you look like. Don’t listen to others; don’t let others lower your self-esteem. Because as I said before, you’re all gorgeous and should walk around with you head up high.