



# #MyTrueSelfie

## What is #MyTrueSelfie all about?



The #MyTrueSelfie app is a little different to most apps. You don't get the option to whiten your teeth, add a filter or re-shape your face. Why? Well at **The Diana Award Anti-Bullying Campaign** we believe you should celebrate your unique qualities and be true to yourself.

There are over 1 million selfies taken **each day** but we feel that the 'self' part of these pictures is getting a little lost. Body image and self-esteem is also a growing issue in the UK, particularly amongst young people: around half of girls and up to one third of boys have dieted to lose weight, and over half of bullying experienced by young people in a 2014 study was because of appearance.

At The Diana Award we are all about encouraging people to celebrate what makes us different and unique; **it's fun to be yourself**. Created by photographer, filmmaker and producer Thomas Knights and co-developed by Assistant Head Teacher Simon Brooks, #MyTrueSelfie originally started as a workshop at one of our Anti-Bullying Week events. The students involved got so much out of the workshop that we decided we wanted to go big, really BIG and encourage people across the online world to be proud of their differences.

## #MyTrueSelfie Session Plan

### About This Workshop

Using the #MyTrueSelfie site, this 45-minute workshop aims to encourage students to explore the topic of self-esteem, body confidence and how social media may have an impact. Students will be encouraged to identify their strengths, positive qualities and characteristics and to reflect on how they can celebrate differences.

### Learning Outcomes

Below are the intended learning outcomes for this session:

- I can describe the ways in which our similarities, differences and strengths make us unique
- I can explain why it is important to recognise and celebrate the things which make us different
- I can create a #MyTrueSelfie that celebrates my unique qualities



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## Time: 45 minutes

**Preparation:** Whiteboard and pen; open space with seats in a circle; students will need a phone with internet connection or school iPads to use the site (this can be one between two)

## Ice-breaker: 'It's True of Me That...' (10 minutes)

- All students sit on chairs in a circle. Take one chair away.
- The person standing has to say something that's true about them, e.g. "it's true of me that I have blue eyes, "it's true of me that I like chocolate"
- Anyone to whom this statement also applies should stand up and cross the circle to sit on a different chair.
- The person left standing says a different "it's true of me that..." and so on.
- After a few rounds, the person standing has to try to say something unique to them which *doesn't* apply to anyone else, e.g. 'It's true of me that I'm a black belt at karate', 'it's true of me that I play the violin'.
- What do students think the purpose of this activity is?
- What do we learn about each other when we explore our differences?

## Intro – 5 minutes

- Explain that today we will be exploring self-esteem with a fun selfie activity
- Body image, bullying and self-esteem can be sensitive topics to discuss, so set a group agreement for the session:
  - ✓ Signpost areas of support and advice
  - ✓ We will keep the conversation in the room
  - ✓ Everyone has the right to pass if they don't want to answer a question
  - ✓ We will listen to others and respect their views
- Ask the class what they think is meant by the following:
  - Body Image
  - Body Confidence
  - Self-Esteem
- Decide on definitions for these three phrases which everyone is happy with and write them on the board.
- Next, ask students to explain what bullying is. Use our definition below to help you. Ask: how can bullying affect your self-esteem?

*Bullying is any behaviour that makes someone feel upset, uncomfortable and unsafe. This is usually deliberate and repetitive and can take forms such as Verbal, Indirect and Physical.*





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## #MyTrueSelfie Starter (10 minutes)

- First, have a discussion with students about selfies. Ask students to stand up, and **sit down** if they **agree** with any of the following statements:
  - I have taken a selfie before
  - I have applied a filter or made a change to a selfie of me before
  - Selfies are always a good indicator of what a person looks like in real life
  - I have sometimes felt pressure to look a certain way on social media
  - Selfies are a great way to show your true personality
- After each statement, encourage students to explain why they agree/disagree.

## #MyTrueSelfie Activity (15 minutes)

- Explain that The Diana Award has created a new app called #MyTrueSelfie. On #MyTrueSelfie you don't get the option to whiten your teeth, add a filter, or reshape your face. Instead you take a 'true' selfie and surround it with words and emojis that describe who you really are.
- Ask students to take their phone or iPad and visit [www.mytrueselfie.com](http://www.mytrueselfie.com).
- They should spend 10 minutes working individually (or in pairs if sharing an iPad) on their My True Selfies.
- To help students think of words and phrases to add to their selfie, use the following prompts:
  - What are your favourite things – colours, sports, foods, etc.?
  - What are your personal qualities/characteristics? Are you confident, sporty, quiet, a good friend, a good listener...?
  - What would your friends say about you?
  - You can write anything you like about yourself – this is all about what makes you YOU!
- Once everyone has finished they can save their selfies ready to share on social media on the 18<sup>th</sup> July 2017 for National #MyTrueSelfie day.
- Students should then reflect on what they have learned from that activity. Ask:
  - Who found it challenging to think of their strengths and positive qualities?
  - Do you think anyone has exactly the same words around their selfie, or are they all different?
  - What do you think it would be like if everyone in this classroom was exactly the same?
  - Why do you think it's important to share and celebrate the things that make us different?

Explain that we should celebrate the things that make us different and not feel pressured to fit in! Selfies and social media can sometimes represent an unrealistic image that is not true to real life. But we are about more than just our appearance, we should be true to ourselves and celebrate the things that make us unique!



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## Tech-Free Option

If the technology for this activity isn't available in your school or phones aren't allowed, you can run the activity using paper and pens.

Give every student a piece of flipchart paper and some felt-tip pens. They should work in pairs to draw an outline of their shoulders and head. They should then surround their outline with words and drawings that describe who they are.

At the end of the session encourage students to stick up their sheets on the wall and take a selfie standing in the outline.



## More about the Campaign

**#NationalMyTrueSelfieDay is taking place on  
Tuesday 18<sup>th</sup> July!**

We are encouraging schools across the nation to take part in the #MyTrueSelfie launch on 18<sup>th</sup> July. Share pictures of your school's workshop on social media using the # and tag us @antibullyingpro!

## Who are The Diana Award?

We are a youth charity based in London and are a living legacy to Princess Diana's belief that young people have the power to change the world for the better. Through our Anti-Bullying Campaign we give staff, young people and parents the tools, knowledge and confidence to tackle bullying, both online and offline.

**Find out more:**

**Website:** [diana-award.org.uk/home/](http://diana-award.org.uk/home/) [www.antibullyingpro.com/](http://www.antibullyingpro.com/)



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