

A stylized, colorful illustration of a landscape. The foreground features rolling green hills in various shades of green, with a dark brown path winding through them. On the left, there are several plants: a green tree with rounded foliage, a purple flower, and an orange flower. A small red bird is flying in the sky above the tree. The background consists of light blue, wavy bands representing a sky or water. The overall style is simple and artistic.

SC PTA Health and Wellness

Mike and Stephanie Mellott – Co-chairs

Our Mission

- To promote health, wellness, and personal safety of SC families
- To provide grade level specific seminars and workshops
- To serve as a resource for PTAs to promote and support healthy lifestyles

Did you know that 60% of girls are so concerned with the way they look that they opt out of important activities?



What is low body confidence?

- Beauty related anxiety
- Believing that one is “less than” due to appearance
- Having a negative view of one’s body that may prevent participation in activities

How can I help?

- DOVE Self Esteem Project
- Selfesteem.dove.us

For Teachers

- *Five successive sessions*
- *One 45-60 minute body confidence session*



Five session self-esteem teaching resources

For teachers who wish to have a greater and longer-lasting impact on the body image of their students, our five-session program covers the issues that affect body confidence in more depth, with plenty of training and support materials.

[Read more »](#)



Single session self-esteem teaching resources

All the teaching resources you need to run a 45-60 minute body confidence workshop, including presentation materials and stimulus videos, lesson plans, and student activity sheets.

[Read more »](#)

For a mentoring program

- <http://selfesteem.dove.us/Articles/Written/Youth-leaders.aspx>



Self-Esteem Activity Guide for Youth Leaders

Fun activities to get groups talking about their thoughts and feelings around the sometimes-awkward subject of body image. This toolkit includes a leader guide and activity books to run a single session with girls aged 10-14.

Download: [Our youth leader toolkit](#)



Mindful Me Activity Guide for Girls

Step-by-step activities encouraging a mindful approach to physical appearance. This activity guide is designed for use in a one-to-one setting and helps girls think about “beauty” beyond the superficial meaning.

Download: [Our mindfulness activities guide](#)



Free Being Me

A body confidence program developed in partnership with the World Association Of Girl Guides and Girl Scouts. Find out more about this innovative program and the impact it's having at the link below.

Visit: [The Free Being Me website](#)



Questions?

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