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
For a mentoring program

- [http://selfesteem.dove.us/Articles/Written/Youth-leaders.aspx](http://selfesteem.dove.us/Articles/Written/Youth-leaders.aspx)
Questions?

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