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youth
network

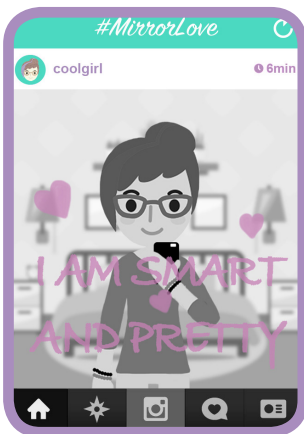
JOIN THE CAMPAIGN
TO SHOW YOURSELF LOVE
AND APPRECIATION AND
MOVE BEYOND BODY HATE!

How to participate:

1.

STARE AT YOURSELF

GET IN FRONT OF THE MIRROR AND FOR 3 MINUTES COMPLIMENT YOURSELF. COMPLIMENT YOUR PHYSICAL APPEARANCE, YOUR ABILITIES, AND YOUR PERSONALITY.



2.

SNAP AND SHARE

WRITE OR DRAW A **#MIRRORLOVE** MESSAGE TO YOURSELF ONTO A MIRROR. THEN TAKE A SELFIE WITH IT. SHARE THE IMAGE ON SOCIAL MEDIA WITH THE HASHTAG **#MIRRORLOVE** TO INSPIRE OTHER GIRLS TO DO THE SAME.

3.

PLEDGE

TAKE A PLEDGE TO YOURSELF TO BE THAT GIRL IN THE PHOTO. WHENEVER YOU START THINKING NEGATIVELY ABOUT YOURSELF, TRY AND REMEMBER FEELING EMPOWERED BY YOUR **#MIRRORLOVE** MESSAGE.

4.

10 DAYS OF COMPLIMENTS

STAND OR SIT IN FRONT OF A MIRROR FOR 1 MINUTE EVERY DAY FOR 10 DAYS. DON'T DO ANYTHING BUT LOOK AT YOURSELF. ANY TIME A NEGATIVE THOUGHT COMES UP, COMPLIMENT YOURSELF IN A WAY THAT COUNTERS THAT THOUGHT.