



## Free Being Me Update

Free Being Me is an amazing WAGGGS program that promotes positive self esteem and body confidence. There have been so many success stories from units that have completed the program already. Here is a look at how Kaniva Guides enjoyed Free Being Me.

[Kaniva Guides](#) ran the [Free Being Me](#) program in Term 4, 2014 for both the younger and older age brackets. Having two enthusiastic Junior Leaders who are passionate about this topic made this very easy. The program is well written; except for a bit of photocopying and a few basics, everything you need is all there.

Although it is designed to be run over 5 weeks, you can expand it to the whole term with the reach out project. We did this in several ways:

- 1) We created a [FBM photographic exhibition](#) asking the girls to come up with a photo idea for a self portrait. We enlisted the help of local ladies who were good photographers and printed them for \$2.00 via this [website](#). We used pre-existing frames and advertised the exhibition widely via print and social media.
- 2) We created a [Free Being Me](#) afternoon and promoted this via the school and home schooling network. This was very successful and as a bonus, we picked up 10 new members for 2015.
- 3) We ran a messy day end of term break up, which featured all sorts of [messy activities](#) reinforcing key messages of the program. The girls really enjoyed this day and it was a fun finish to a great program.

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For more information on the Free Being Me program contact Mel Reoch via [freebeingme@guidesvic.org.au](mailto:freebeingme@guidesvic.org.au)