



A UNIQUE OPPORTUNITY TO MAKE A REAL DIFFERENCE.

Help us to create a new and innovative schools programme to challenge the pressures young people describe. Create your own video under 1 of the following themes and submit to Fiona – youthdevelopment@bodywhys.ie by Thursday 16th February.

“How can I feel better about myself without changing how I look?”

“Does social media represent the real world?”

“Is it just me?” Recognising we all have times we don't feel great.

“People judge themselves on the number of ‘likes’ and that’s a real shame”

“Chasing the image of perfection is like chasing a rainbow”

“Body image is only one part of who you are.”

Videos must be maximum 1 minute long.

Winning entries will be included in the new schools programme.