



BEAUTIFUL ME FACT SHEET

What is Beautiful Me?

It's an educational self-esteem program for females of all ages! Females from 5 through 105 years old learn how to think about themselves with confidence and greater insight. The Beautiful Me program is divided into 3 parts, and can be performed in (3) one-hour sessions or during the course of a two-and-a-half-hour workshop. Each section is designed to emphasize a different aspect of self-confidence and self-care. A series of activities and discussions encourage and empower participants.

We NEED this program! But can we afford it?

Yes you can! We offer Beautiful Me tuition free (over 56,000 graduates so far!)

Why participate in Beautiful Me?

Our goal is to create a future where females feel empowered and self-confident in all aspects of their lives. To do that, we offer our tuition-free program for schools, hospitals, colleges and universities, senior centers and more using a curriculum that includes: learning how to accept compliments, developing coping mechanisms to turn negative thoughts or qualities into positives and tools to become more independent and confident in your own abilities.

Over 56,000 females have already graduated from Beautiful Me **worldwide**. Every participant who completed our program has reported leaving with higher levels of self-esteem, more personal happiness and confidence.

Tell us about your Teacher Training Program:

Qualifying educators and mental health professionals are invited to attend our 2-hour professional development seminar to learn about our Beautiful Me curriculum in detail. Female educators, mental health professionals, administrators & more are then invited to participate in an actual Beautiful Me series with our Program Leader.

Well this must be expensive!

NO fee for any participant—we offer the Teacher Training program tuition free!

Want to learn more?

Visit us at www.selfesteemrising.org

Contact us now to get started!

Racquel Chariah, Program Coordinator

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BEAUTIFUL ME:

An Overview

The Beautiful Me program is designed to emphasize different aspects of self-esteem, self-awareness and building relationships with others. A series of activities and discussions encourage and empower participants in each of these important objectives:

SECTION 1

Facilitate a conversation about internal and external beauty
Introduce and foster positive thoughts about each participant's body
Encourage participants to create and enforce self-generated "rules" for their bodies & their health
Re-define the word "beautiful"

SECTION 2

Introduce and foster positive thoughts about each participant's talents, personality and challenges
Recognize and share the "pleasant" and "unpleasant" parts of our personalities and behavior
Introduce the nuances of non-verbal expressive and receptive body language

SECTION 3

Introduce the concept of meaningful compliments
Foster the ability to recognize the good in others and share with others
Practice the ability to receive the meaning and intent of compliments
Introduce the concept of "self-talk" and share that our individual thoughts are an option



WHY BEAUTIFUL ME?

Only **4%** of women and **11%** of girls around the world consider themselves **beautiful**.

DOVE, 2010

There are more CEOs **named Andrew** leading ASX 200 companies (7%) than there are **women** CEOs (5.5%).

WEIR, 2019

We are battling a **gender gap**. Compared with men, women generally underestimate their abilities.

KAY & SHIPMAN, 2014

When females hesitate because they are not confident, they hold themselves back! Academically, socially, emotionally - you name it.

What if we invested in these girls' lives early?

Self-esteem can change trajectories for girls. Emma, Alyson and Katie Hance lived with enthusiastic confidence, and Beautiful Me seeks to spread their confidence around the world.

Beautiful Me is our flagship program created in honor of Emma, Aly & Katie. In a Beautiful Me workshop, girls learn to think about themselves with greater insight and self-confidence through a series of activities and discussions.

Females who have participated in Beautiful Me have expressed an increased awareness of their beauty and the value of individual uniqueness, the desire to demonstrate support and kindness to others, the need to speak up for themselves, and a sense of bonding and closeness with other participants.

We partnered with Harvard Medical School's Judge Baker Children's Center to develop a rigorous training curriculum. Beautiful Me has a statistically significant impact on participant social-emotional competencies.



HARVARD MEDICAL SCHOOL
AFFILIATE

LEARN MORE AT:
SELFESTEEMRISING.ORG

Bring Beautiful Me to your school community!
We offer virtual and in-person programming.
Contact our Program Director, Racquel Chariah today at
rchariah@hancefamilyfoundation.org or (516) 424-8960.

PRESENTED BY THE HANCE FAMILY FOUNDATION

INDEPENDENT EVALUATION SHOWS THAT BEAUTIFUL ME IMPROVES GIRLS' SOCIAL AND EMOTIONAL FUNCTIONING.



Developing and improving relationships with others was the most frequently shared impact of Beautiful Me. Specifically, student participants, facilitators and teachers shared that the program had supported girls in getting along better with others, including being more respectful, taking others' perspectives into consideration, being encouraging or supportive to others and helping others. They also expressed that the participants were more outgoing and shared several instances of participants making new friends. In general, several highlight that a sense of belonging, connection and acceptance arose in the group.