



## GIRLS & FOOTBALL SA BODY IMAGE WORKSHOP

Thank you for your continued support in Girls & Football SA! We are excited to be recognized as a Microsoft Project and appreciate your continued support! As part of the first Giving Challenge, we were encouraged to submit a variety of projects for which to raise funds. While most of our projects received full support, regrettably we were not able to reach our funding goal for our Microproject entitled “Body Image Workshop”.

That being said, we can't wait to carry out this workshop in the future! Our “Body Image Workshop” focuses on using football as a basis from which to encourage and inspire girls - not only to take ownership of their bodies, but also to have a healthy body image and self-esteem. Both these aspects are often lacking in the social development of girls in South Africa which is why it is important to offer workshops dealing with these issues.

In this workshop we specifically look at girls' self-esteem. We unpack the concept with them and all share things about ourselves that we are proud of, and also things that we feel we can work on. Self-confidence is needed to reach your goals and you need to be secure in yourself, and your body, to fulfil your dreams and to make your goals a reality. Workshop leaders use roleplays to get girls to look at what it means to have a high self-esteem or a low self-esteem. By getting girls to see things in themselves that they are proud of (like their ability to play football), we encourage them to feel good about themselves. We also look at what can affect their self-esteem and their body image, and discuss what they can do to deal with poor self-esteem. The focus is very much on how to feel more confident and how to build up a good self-esteem and have a positive self-image.

We look forward to increasing our Microproject funding so that we can offer this workshop in the future, and help girls in South Africa take ownership of their bodies and have good body images and high self-esteem so that they can dream big and succeed in life.