**Case Study**

Corryong College grade 5-6 students held a hit FFF day for their entire school grades 5-12, with event planning and topic discussion commencing weeks out from the event day.

Together the students decided their FFF event would focus on:

- Strategies to be more positive than negative
- Celebrating uniqueness and individuality

FFF also allowed the students to practise their event planning and leaderships skills. The event day included:

- Smile Cafe
- Negative Nerf Game
- Tear up the negative
- Hip Hop lessons
- Fun photo both
- Body Balance and more

The feedback from the college was:

"Awesome, not one complaint."

"Thank you for allowing us the opportunity to join such a wonderful and life changing day"

---

**FRESH FACED FRIDAY**

**Overview**

Fresh Faced Friday (FFF) is our annual positive body image and self esteem campaign. Each year we invite Leos, schools and community groups from across Australia to ‘Tear Up’ the negative and become body and self positive. On Friday 7th September 2018 FFF will run for the fifth consecutive year.

**What does Fresh Faced Friday Deliver?**

- Body image and self esteem are key areas of concern for young people, FFF provides a platform for discussion and awareness of these topics.
- Each year schools run events from an hour at lunch, to all-day events promoting the message ‘be who you want to be judgment free’ & ‘tear up the negative’
- School and community groups who register receive an event pack to help with planning and activity ideas.
- There are a number of worksheets which teachers can use to discuss the topic in class.
- In 2018 the campaign day is Friday 7th September.

**Case Study**

Corryong College grade 5-6 students held a hit FFF day for their entire school grades 5-12, with event planning and topic discussion commencing weeks out from the event day.

Together the students decided their FFF event would focus on:

- Strategies to be more positive than negative
- Celebrating uniqueness and individuality

FFF also allowed the students to practise their event planning and leaderships skills. The event day included:

- Smile Cafe
- Negative Nerf Game
- Tear up the negative
- Hip Hop lessons
- Fun photo both
- Body Balance and more

The feedback from the college was:

"Awesome, not one complaint."

"Thank you for allowing us the opportunity to join such a wonderful and life changing day"

---

**How can Lions get involved?**

- Inform your local Leos, schools and community groups about the Fresh Faced Friday and invite them to hold an event.
- Support your local Leos and schools to run the event.

freshfacedfriday.com.au
events@freshfacedfriday.com.au
03 6265 8732

Find out more about this project and others at aldaf.org.au