



Helping young people lead

HAPPY & HEALTHY lives

PROJECT PROFILES

Australian Lions Drug Awareness Foundation Inc

ALDAF runs a number of youth focused health and wellbeing projects. Today we introduce you to:

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.

FRESH FACED FRIDAY

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
- Hip Hop lessons
- Negative Nerf Game
- Fun photo booth
- Tear up the negative
- 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"

Students celebrate their singularity

Years 5 & 6 at Corryong College ran the successful Fresh Faced Friday Self Esteem campaign at school last Friday, running a number of activities at lunchtime. The Fresh Faced Friday campaign promotes positive body and self esteem through students celebrating their uniqueness by writing down negative aspects about themselves, then tearing it up and rethinking the positive message. Fresh Faced Friday was created by a group of young people involved in ALDAF events who wanted to create campaigns which helped young people feel comfortable in their own skin. Activities on the day included hip hop lessons, lip gloss battles, body balancers, mini games, photo booths, problem go and the carnival experience. The students also operated the "Smile Cafe" where everyone was free. "Fresh Faced Friday is a fabulous campaign and we are so proud of our Years 5 and 6 for making it," said Principal Taylor, Shire of Wodonga Support. "It would also like to recognise the efforts of my colleague Cris Walker who did a great job of organising everyone on the day," she added.



The local newspaper even ran a story about the event

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

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