



# Action Items

- ✿ **Follow and support campaigns about body positivity!** ex. Savage X Fenty, *Always* #LikeAGirl, Glossier #Body Hero Campaign, Good American etc.
- ✿ **Find one piece of media (like a TV commercial or Instagram post) and critique it.**  
Think about things like what is their purpose? What message are they sending to us? How could you change this to become a better message?
- ✿ **Post a selfie!** Caption the picture something that you learned today, a fact, statistic, and share your new knowledge about how the media's beauty isn't the only beauty.
- ✿ **Meet-Up Sessions.** Schedule a meet up time with a peer, a friend, or anyone of your choosing where you are both able to sit down and talk. Take this time to talk about whatever you feel comfortable discussing, whether it is positive or negative.
- ✿ **Media cleanse.** Take a break from social media or delete/block negative images or messages that appear on your feed. Spend the time you would have used on social media doing something that makes you feel better.
- ✿ **Set weekly goals for yourself!** Each week create a new list of goals you would like to accomplish. If you miss a goal or do not accomplish it, take the time to think about why you were unable to and how you could do better for next time.
- ✿ **Positivity Jar.** Decorate an empty jar to your liking and fill it with positive and encouraging quotes. You can choose your favorite quotes, or random ones, and write them down on a piece of paper to place in your jar.
- ✿ **Meditating.** Pick a quiet place to sit and meditate. Use this time to reflect and relax.
- ✿ **Pay it Forward!** Do an act of kindness for a family member, friend, or stranger and ask them to do the same for someone else.
- ✿ **Find your passion!** Pick a hobby or an activity that interests you. If it doesn't work out, move on to something new. Don't give up!
- ✿ **Go for a Walk.** As simple as it sounds, going out for a walk with a friend or a family member can be very relaxing and helpful in relieving stress.
- ✿ **Empower one another!** Be sure to encourage and motivate others around you.