

**WE'RE BACK!**

**SHAMELESS**

**JOIN SHAMELESS ON THE  
16TH OF MAY!**

**AN OPPORTUNITY FOR 11-17 YEARS OLD  
TO LEARN AND DISCUSS ABOUT BODY IMAGE,  
SELF-ESTEEM AND BODY POSITIVITY!**

**DELIVERED ON ZOOM, 4:30-5:45PM,  
FOR SIX WEEKS.**

**EVERYBODY IS WELCOME,  
SIGN-UP [HERE!](#)**

**oTR**



# **SHAMELESS**



## **WORKSHOP OVERVIEW**

- WEEK 1 - INTRODUCTION TO SHAMELESS**
- WEEK 2 - BODY IMAGE, HISTORY & NEGATIVE THINKING**
- WEEK 3 - MEDIA MESSAGES & HOW TO FIGHT BACK**
- WEEK 4 - FOOD & LANGUAGE**
- WEEK 5 - STRENGTHS & SELF-WORTH**
- WEEK 6 - REFLECTIONS & ROUNDING UP**