



Celebrate You! inside + out

Parents, teachers, and caregivers have never played a more vital role in the development of a child's self-image.

As a criminal lawyer, I see the devastating effects and dire consequences of poor choices made by children with low self-esteem and damaged self-confidence every day. As a mother of two young daughters, I am struck by the unrealistic and distorted images of "beauty" perpetuated by the mainstream and social media. A generation of children is actively comparing themselves to digitally-altered images of people that don't actually exist.

Given the clear link between damaged self-worth, bullying, mental health issues and a troubled future, I committed myself to writing children's stories with a clear counter-message—beauty comes from within, and from the depths of one's heart. The books *Mommy, am I pretty?* and *Awesome Inside + Out!* help children develop their inner strength, and to empower them with their own definition of beauty.

The books led to the speaking tour, *Celebrate You!* I have since spoken at over 100 schools to date.

The presentation has 3 components. First, I speak to students about the dangers of comparing themselves to photoshopped actors and actresses. With visual support I demonstrate that these people don't actually exist and discuss how comparing ourselves negatively affects our self-esteem, body image and the general way we feel about ourselves.

Second, I read the books with the children and together we discuss the qualities that make a person beautiful from within. We celebrate our uniqueness and the importance of being kind, strong, inclusive and developing a passion. We discuss how to combat the challenges by developing ourselves from the inside out!

Finally, I explain to the children what's involved in writing and publishing a book, and show them early prototypes of the books we just shared. In this lesson I emphasize the importance of writing papers and projects more than once, that it can take several rounds before you get to your best work and final version, and that anything can be achieved with commitment, hard work, making mistakes and learning from them, and putting your heart into whatever you do.

Kindly contact me if you would like additional information about the *Celebrate You!* presentation. Margot.Denomme@yahoo.com

www.CelebrateYouInsideOut.com