



Confidence In Me

Confident Me!

Confident Me believes that every young person should grow up feeling confident about their looks.

That's why Dove has developed Confident Me.

This club is open to both boys and girls

Physical Fitness

30 minutes of heart pumping exercises to get us ready for the meetings.

Nutrition

We will spend 30 minutes identifying better food choices and create recipes to share with our fellow club members.

Hygiene

Each meeting will have a hygiene highlight to promote a healthy life style.

\$10 fee includes t-shirt

The power
is in our hands



4 out of every **5**
negative tweets
about beauty are
women talking about
themselves

The only person
who needs to
Like you is you



#NoLikesNeeded

#speak *beautiful*

You deserve the
same kindness
you give to others



 #speak *beautiful*



Spread
positivity
and inspire
confidence