



I AM THAT GIRL

scars to your beautiful
Conversation Kit



Inspired by the song
"scars to your beautiful"

ALESSIA CARA + I AM THAT GIRL

have come together to create a curriculum and a safe space to be exactly who you are (instead of who you think you're supposed to be).

So grab your girls (guys welcome, too!) and join us for some game-changing conversations.

HERE'S HOW

here's how

How do you create a space for yourself and others to talk about the things that we are all going through, but are afraid to say out loud?

Here are some tips for creating a space where you feel safe to be exactly who you are, and confident to share what is on your mind and heart.

Circle Up

Grab a few friends (or 10) and sit in a CIRCLE. Make sure everyone can see everyone, feeling close and connected is important!

The Vault

Anything discussed in the group, stays in the group.

Support, Not Advice

This is a space for us to be seen and heard. While it can feel productive to give advice, let's keep our focus on sharing our stories and discussing our experiences.

Set the Intention

Set the intention for your conversation. "This is a space where you can be who you are, not who you think you're supposed to be. We ask you to be honest and vulnerable. Is everyone in?"
(Make sure everyone agrees)

1 Go First

If you are going to be so bold as to ask people to be vulnerable, be brave enough to go first. Acknowledge that it can be scary, but that you are all in this together and there is a lot of courage in vulnerability! When you are honest first, it gives others permission to do the same.

Send Good Energy

Energy is neither created nor destroyed, so make sure people are conscious of how their body language and energy is affecting the people who are speaking. Sending love and positive energy to whoever is speaking will strengthen the conversation.

It's OK to Disagree

We know it's okay to disagree with an opinion, and that it's different than attacking or insulting someone. Building each other up is our thing, not shutting one another down.

Share Compliments

We give and receive compliments freely. We receive compliments with two words - "thank you," because compliments don't need to be justified. Compliments are verbal gifts; acknowledge and receive the gift with gratitude.

Break the Gossip Habit

We will lovingly inspire each other to use positive talk - both with ourselves and others. By ditching toxic gossip, we create a space for understanding and vulnerability. We choose to highlight each other's strengths, instead of focusing on judgment.

Thanks

At the end of the conversation, take a moment to look every girl in the eyes and thank them for "showing up" not just physically, but emotionally and mentally, too. Hugs and high fives are always welcome.

scars to your beautiful

IATG Curriculum

ALESSIA CARA

I

“Maybe we have made her blind”

THE STANDARD OF BEAUTY

Our society seems to have a very strict and unattainable definition of what it means to be beautiful. There is a growing desire to change and expand this definition.

Let's Chat

1. How did we arrive at our current standard of beauty? Who or what created it?
2. How have beauty standards shifted or changed in the past few years?
3. How has social media affected how we view beauty?
4. How do brands play a part in this beauty conversation?
5. Has this standard of beauty ever made you feel like you are alone or not enough?

Activity

SPIDER WEB

Stand in a circle with one girl in the middle holding a ball of yarn. The girl in the middle starts by making a statement, such as "raise your hand if you have ever felt fat." When the girls raise their hands, the middle girl walks from person to person (zig zag style) giving each girl a portion of the yarn. After going through several statements, you can see the web created between each other as things you have in common - your "me too" connections.

Alessia's fave **Movie** that makes her feel empowered and confident: **Pursuit of Happiness**

II

“She has dreams to be an envy”

COMPARISON IS THE THEIF OF JOY

Sometimes it feels like we can't talk about the idea of beauty without talking about comparison. When we focus on measuring what we have against other people, we are sure to wind up feeling worse. So why do we do it?

Let's Chat

1. Do you find yourself comparing yourself to others? How does it make you feel?
2. How does our social media culture contribute to this idea of comparing ourselves to others?
3. How would social media look different if we posted our struggles as well as our triumphs or highlights?
4. What is your reaction when a friend shares with you something good they have achieved? Envious, happy, proud, etc?
5. Why do you think we compare ourselves to others?

Activity

DANCE PARTY

Here is your chance to crank up the song “Scars to Your Beautiful” by **Alessia Cara**, close your eyes, and dance like no one is watching. Either as a group, or on your own, it is your chance to feel the beat, laugh, and have fun. Moving our bodies helps us feel more connected to ourselves and can help give us a sense of gratitude for the skin we are in.

Alessia's fave **Book** that has inspired her on her self-love journey: **Looking For Alaska** by John Green

III “Let me be your mirror”

REFLECTING THE KINDNESS WE SHOW OTHERS ONTO OURSELVES

Think of your very best friend in the whole world, you know the one that just GETS you! I'm sure you can come up with a million wonderful things to say about her, right?! Now, what if you could easily have those same thoughts about yourself?

Let's Chat

1. What is one of your favorite compliments you have ever received?
2. Why is it sometimes easier to say nice things about others than it is to say them to yourself?
3. What are traits you admire in yourself?
4. When you look at yourself in the mirror, what do you see? What do you think?
5. How do you think your confidence would change if you were more mindful of your inner thoughts or critiques?

Activity

MIRROR ACTIVITY

Stand in front of the mirror (either by yourself or with a group) for 60 seconds. Let your thoughts pass by without judgment of them, just let them be thoughts that come and go. When your thoughts start to settle and your head is quiet, check in with yourself, ask yourself how you are, and then (if alone), say all the things out loud to yourself that you wish others would say to you. **BONUS:** Do this every day for 30 days and watch your love for yourself change forever.

What does Alessia do when she's in a rut? I just take some time to myself and try to gain some clarity of what the situation is, or I try to distract myself until it passes but either way, **alone time is best.**

IV

“The world could change its heart”

COMMUNITY

How do you think we can start to redefine beauty as a society? What would the world look like with a new standard of what it means to be beautiful?

Let's Chat

1. What is YOUR definition of beauty?
2. How is this different from society's definition?
3. What do you love most about being you?
4. What is one way you can help broaden our society's narrow definition of beauty?
5. If you could talk to your 5 year old self about beauty, what would you tell her?

Activity

DANDELIONS

Think about a beauty standard you've believed that has caused you pain or sadness that you no longer want to accept or carry as you move through this world. One girl starts by saying out loud to the group what unhealthy standard she is letting go of. The group then repeats back what the girl just shared. After each girl has gone, the group takes a collective deep breath and slowly exhales “blowing it away” together (like making a wish on a dandelion).

Alessia favorite go-to **Poem** that makes her feel connected to who she is: **the entire "milk and honey" poem book** by Rupi Kaur

V

“Scars to your beautiful”

YOU ARE ENOUGH

Want to know a little secret? **YOU**, just as you are, **YOU ARE ENOUGH!** And guess what, it is ok to not always feel like you are. We all feel that way at one point or another, so it is good to have a tribe of girls, a community, a personal mantra, or your favorite girl anthem to remind you when you forget!

Let's Chat

1. Do you have scars, either physical or emotional, that are hard for you to share with others?
2. What holds you back from talking about your scars with those you care about?
3. What are some things that might make you feel safer to share?
4. Have you ever shared something deeply personal with someone and had a positive reaction? Tell us about it.
5. Have you ever shared something deeply personal with someone and had a negative reaction? How did this affect you?

Activity

LIGHTS, CAMERA, ACTION!

You receive over 3000 messages a day telling you what you are NOT. That's crazy, right!? So let's celebrate who you ARE and inspire other girls to do the same! Create your own music video to Alessia's song “Scars to Your Beautiful” to post on social media, calling all girls to celebrate ALL that makes them beautiful!

Alessia's personal favorite **Quote**: “**start where you are, use what you have, do what you can**” – Arthur Ashe

JOIN US

Join or start your own
I AM THAT GIRL

Local Chapter at
iamthatgirl.com/local
today!



www.iamthatgirl.com



CRISIS TEXT LINE

crisis text line

If you need to talk to someone about something serious, we've got your back.

GIRL to 741-741

Free, confidential, and available 24/7

