



WATCH the DEBATE AND TALK ABOUT ELECTION ISSUES with Your Daughter

6 out of 10 girls will stop doing something they love based on how they feel about the way they look. Help the girls in your life reframe the conversation about negative body bashing by encouraging her to #SpeakBeautiful.

Here are 5 ways that you can turn watching the debate with your daughter into a constructive conversation about body confidence and self-esteem.

#1 *Make it a Moment:*

Celebrate the fact that you are watching together and help her understand that this is something you value and think is important to have her engaged on. While the topics being discussed may be serious, this time with her can be focused on togetherness and fun.

#2 *Commend the Confidence*

Help her identify specific traits of confidence while you watch. Is it body language, tone of voice, or the words being used? Help her to see what confidence in action looks like. Then ask her what traits of confidence she uses to get her point across, either in school, at home or with her friends.

#3 *Call out the Negative Language:*

Push pause on the debate and discuss any negative language or characterizations that come up. Help her to identify stereotypes she may hear, harmful words, or demeaning tone. Ask her if she has ever felt someone say those things to her and if so, how did she feel about it. How did she handle it? Emphasize that she can be a part of changing how women and girls are treated and can call out that type of behavior.

#4 *Role Play Her Responses:*

Use the moments in the debate to ask her how she stands up for things in her life that she believes in. Help her to identify moments where she has defended things she cared about. Many girls can be afraid of conflict so ask her how she handles herself in moments when she feels challenged. How has her confidence grown after those moments?

#5 *Plant the Seed:*

Use the debate as a backdrop to talk about how her voice matters. Talk about other courageous women and men in your family or in history that have made an impact. Encourage her to think about leadership not just as a future career but as something to think about in her everyday life.

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About She Should Run

She Should Run is a non-partisan 501(c)3 organization inspiring women and girls to make a bigger impact by running for office. More information is available at www.sheshouldrun.org



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