

## Beautiful Minds

- *I liked how they turned the conversation about how you can't force someone to do something they don't want to do into a comedic video about tea*
- *I like how they taught consent but in an interesting way, they made it simple and humorous so we didn't get bored & not pay attention.*
- *Something i learnt from beautiful minds was that pictures online get photoshopped a lot and that you should be happy with your natural body and looks*
  - *To accept your body and mind the way it is and not compare yourself to others.*
    - *Do not force people to do something they don't want to do.*
- *In beautiful minds i learnt about consent and photo editing. With consent beautiful minds taught me that people can change their minds and that is okay. We watched a video of someone editing a photo for social media and making them look more skinny, tinting their skin and totally changing their face. I learnt quite a bit but i think the program went for a very long time (all day) and we sat and listened pretty much the whole time. the only thing that could change would be to do a few more hands on activities.*
- *In the Beautiful Minds program, they taught us about body imagining, how to love ourselves and how us women have been used like a doll. For example, some of the things we've been watching as kids like Tinker bell or Barbie dolls we play with, haven't realized that the clothes and looks have a bad influence on us. They make us think that we should look like them. It's important for us to love ourselves no matter who we are.*
- *Anxiety could relate to you being hangry. Eating a snack may make you feel much better so this*

*is very helpful.*