**Scenarios on Delivery of Free Being Me**

**Scenario 1**

You’re doing the Pressure at the Party activity with your group and creating the perfect ‘Gloss’ list. During the activity some of the participants start pointing to a girl saying ‘Wow you have all these features, you are the image myth.’ This makes the girl feel guilty and embarrassed.

How would you manage this situation?

**Scenario 2**

Participants are doing an activity in small groups. You observe the groups and notice one girl saying the following about another participant: ‘I’m glad I don’t follow the image myth like Anna with her fake nails. I would rather be natural.’

What would you do on hearing this comment?

**Scenario 3**

One of the participants is reading her friendship note to the other participants in her group:

‘Dear Sara

I wanted to tell you that you are beautiful the way you are. I know that you don’t believe me and I am worried about the way you’re treating your body, because one day you will do yourself harm. When I saw those cuts on your arm I wanted to hug you and make you understand that you are beautiful inside and out.

Much love, your dear friend Amy.’

On reading the note, both girls begin to cry. How would you manage the situation?

**Scenario 4**

You’re facilitating an activity in your small group. You notice that two of the girls are very shy and quiet, whilst the other girls in the group are very loud and opinionated. You try involve the two quieter girls, however when you put questions to the whole group, the same girls respond each time.

How would you involve everyone and give every participant the space to speak out?

**Scenario 5**

You are a leader about to do Free Being Me with your group. However, you are concerned that you have your own issues with body confidence. In one of the sessions you confess to the group that you hate looking at yourself in the mirror, and can’t think of any part of your body that you like.

What effect do you think that will have on the participants in the group?

How can you manage your own feelings towards your own body confidence during FBM?

Do you think you need a high level of body confidence to do FBM with your group?

**Scenario 6**

After one of your Guide meetings one of the mothers comes to speak to you. She is upset because she would like her daughter to lose weight and do more physical activities- she thinks the programme is promoting an unhealthy lifestyle by saying her daughter is fine the way she is when she has a serious obesity problem.

How would you respond to this situation?

What could you do before running FBM to avoid this situation occurring?

**Scenario 7**

You have got to session 5 where your group is planning their Take Action project. The group’s idea is to create posters and stick them in their school so that their fellow students will see them. That way they will spread the Free Being Me message to many people.

You are delighted that the group is coming up with ideas themselves and taking initiative, however you are concerned that their project is not having a meaningful impact on the people they are reaching.

How would you manage the group to ensure their Take Action project is having a meaningful impact and spending at least one hour with their peers?