



The Dove Self-Esteem Project aims to encourage the next generation to have a positive relationship with the way they look, inside and out. This thirty-one-day calendar is designed to do just that by increasing student knowledge and skills related to health and wellness through the lens of body image and acceptance.

When sharing the Dove Self Esteem Project Calendar with students and their parents/guardians, please feel free to use the suggested note below so they are equipped with background information and best practices to utilize the calendar prompts.

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Hello xx,

The Dove Self-Esteem Project is here to provide resources for parents and guardians to help deliver self-esteem education at home.

Enclosed, please find a thirty-one-day calendar to help build body confidence and self-esteem in your child. Inspired by the Dove's accredited self-esteem tools, these discussion starters and critical thinking prompts will help increase your child's knowledge and skills related to health and wellness. We hope that you can support them along their learning journey through open discussions or participating yourself.

The Dove Self-Esteem Project has already helped more than 60 million young people to tackle low body confidence and anxieties over appearance worldwide since 2004 and is aiming to help 250 million by 2030. If you're interested in additional resources, please visit [Dove.com/selfesteem](https://www.dove.com/selfesteem).

Sincerely,  
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