



Be Real

11TH JANUARY 2023

**AN OPEN MIC EVENT WHERE
STUDENTS EXPLORED THE
TOPIC OF 'BODY POSITIVITY'.**



THIS EVENT WAS ORGANIZED TO EDUCATE STUDENTS ABOUT FEELING GOOD ABOUT YOUR BODY AND HOW IT LOOKS.

BODY POSITIVITY IS TRULY EMBRACING YOURSELF AND YOUR BODY FOR WHAT IT IS, IGNORING OTHER PEOPLE'S OPINIONS AND FOCUSING ON YOURSELF; IT IS AN EXCELLENT STARTING POINT FOR MANY PEOPLE ON THE PATH OF SELF-ACCEPTANCE AND CONFIDENCE.



DUE TO SOCIETY'S BEAUTY STANDARDS, STUDENTS HAVE BEEN CONDITIONED TO BELIEVE THAT THEY MUST LOOK A CERTAIN WAY TO BE BEAUTIFUL, AND THESE STANDARDS HAVE RISEN EVEN HIGHER BECAUSE OF SOCIAL MEDIA.



**THE SENIOR SCHOOL GIRLS WERE ASKED
THOUGHT-PROVOKING QUESTIONS AND RECEIVED
WONDERFUL RESPONSES VIA THE OPEN MIC.**



**EVERYONE
UNDERSTOOD HOW
CRITICAL IT IS TO
ACCEPT YOURSELF
FOR WHO YOU ARE,
AS THIS LEADS TO
BETTER MENTAL
AND PHYSICAL
HEALTH. A PLEDGE
WAS MADE
TOWARDS THE
END, PROMISING
TO PRACTICE AND
PREACH BODY
POSITIVITY, A
MOVING ACT THAT
BROUGHT ALL THE
PARTICIPANTS
TOGETHER.**