



Feeling happy with how you look

Sheffield
**Fashion show to
promote positive
body image**
September, 2020

Bright Spots findings show that being unhappy with your appearance is associated with low well-being. Children in Sheffield organised a positive body image fashion show to encourage children to love themselves just the way they are.

Why?

Children and staff from across Sheffield social care discussed the Bright Spots survey findings and voted on the top issues to prioritise. One of areas chosen to focus on was young people's poor body image and low self-esteem.

What?

A working group of young people was formed to develop and progress ideas related to promoting positive body image. After some discussion children decided they wanted to host a fashion show to inspire younger children in care.

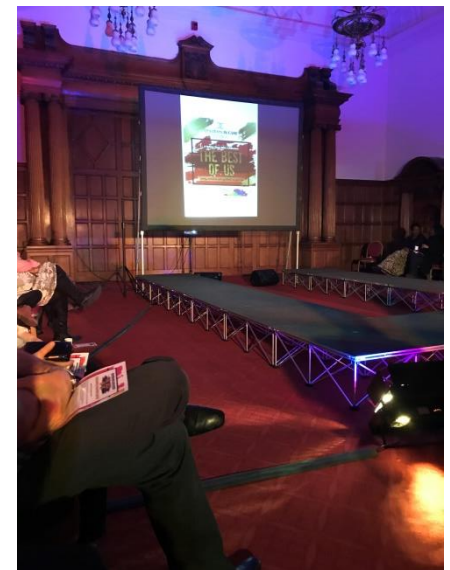
The group made links with local community organisations and engaged their help with music, staging and lighting for the event. They also worked with a dancer and drama coach to improve their confidence and movement. Children chose their own backing track & positive message to say.

Invites for the event were designed and the event was described as all about 'loving ourselves and yourself as you are'. Children wanted the evening to be a celebration. Making sure those who came along had fun was a top priority. Over 150 people came along. On the night there was the chance for people to have their hair or make-up done, to use fancy dress in the photo booth and enjoy food together.

People then enjoyed watching the fashion show together. Eighteen children and young people took to the runway. Everyone wore a customised white t shirt with positive message slogans. The evening ended with a disco.

What difference is it making?

The fashion show event was well attended with positive feedback. In order to keep the findings from Bright Spots high on the agenda a new scrutiny structure - led by young people - has been put in place in Sheffield. Each of the priority groups from the Corporate parenting board have been challenged to develop action plans to respond to the Bright Spots findings (including improving positive body image). Young people will oversee & review the action planning progress.



A presentation on the fashion show by Sheffield, including insights from Rhia from their Children in care council, can be viewed here:

<https://www.youtube.com/watch?v=7st2vueNBsA>