

# 4 & 12 WEEK SELF-LOVE MAKEOVER COURSES



**MENTAL  
HEALTH  
FIRST AID**  
Australia



**Herald Sun**  
We're for you



**Ramona**♥



**CITY OF  
MELBOURNE**

**MISSION  
AUSTRALIA**

**THE HOUSE OF  
wellness**



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## ABOUT US

The Big Sister Experience is a social enterprise that saves the lives of young girls. The Big Sister Experience covers ethical and moral issues and promotes tools and strategies on how to live a happy and healthy life. The Big Sister Experience isn't afraid to get deep into real-life issues that are affecting our teen and pre-teen girls today. Focusing on essential life-skills and mental health, The Big Sister Experience takes pride in their customisable and adaptive range of programs.

As co-founders and facilitators, Bianca and Kritz are authentic and relatable, and share their own stories about anxiety, depression, eating disorders and an abusive relationship. Both ex-classroom teachers with over 14 years experience between them in the classroom, they use storytelling, research and activities to engage the girls and impart essential skills.

The key to The Big Sister Experience is being authentic and vulnerable, opening up difficult conversations and allowing girls to feel safe, seen, understood and not alone.

The Big Sister Experience is on a mission to empower the girls of today through self-confidence and self-love to become the confident, resilient and empowered young women of tomorrow.

Extending their work to include mother-daughter and father-daughter connection events, parent workshops, online resources and teacher professional development sessions, The Big Sister Experience takes a holistic approach to educating the youth of today and ensuring they are supported along the way both at home and at school.



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## TESTIMONIALS FROM MUMS

KIM



"I would love to thank you for the great program you have produced for teenagers.

My daughter participated in the one of last intakes and has thoroughly enjoyed and learned a lot from the program.

Due to her Autism, I assisted her with each lesson just to make sure the material was absorbed as her short-term memory is not fully functional as per a neurotypical teenager.

We both found the course to be clear and very relatable.

She has completed other programs on resilience due to school bullying and I have found them to be, perhaps too complex too much to absorb in a short period of time.

Your program is simply structured, current to the issues of today's society and makes the girls feel that they aren't alone which I find a major bonus.

Congratulations on putting together a great little program that our teenagers enjoy while they learn!

Many thanks to Bianca & Kritz.

KAIA



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## WHY WE CREATED OUR ONLINE PROGRAMS

A girl's teen years can be full of change and the unknown. Trying to discover your identity, maintaining solid social connections, education and all the changes that are happening within can cause overwhelm and anxiety. It can be difficult to know when or how to help your teen as she faces challenges you never did at her age.

This is why we created our online courses.

- We often hear that teen girls refuse to listen to the advice of well-meaning parents or teachers. Our course is facilitated on a peer-to-peer model whereby our team is old enough to be role models, but not a teacher or parent figure
- Studies show 1 in 3 teen girls have mental health issues such as anxiety. Our online course teaches tools and strategies on how to self-regulate and support loved ones with mental health challenges
- More than 50% of teen girls feel they cannot talk about things that worry them. Our online courses teach girls how to have courageous conversations and seek help when needed
- 48% of teen girls feel they are unable to forgive themselves when they make a mistake. Our course teaches self-acceptance and self-confidence
- Many challenges girls face today stem from a place where there is a lack of self-confidence or self-love. Our courses nurtures a strong sense of identity and allow girls to foster the confidence to say 'NO' and use their voice so as they go through life, they feel confident in areas of consent, career, peer pressure and setting boundaries.

Today moral and ethical guidance is more crucial than ever.

But who is teaching these skills to our teen girls?

The school curriculum is jam packed and parents have many other responsibilities, and are often at a loss on how best to support the challenges their girls face in today's society.

Let us impart crucial life lessons to your daughter through our Self-Love Makeover online programs.



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# MODULE ONE: IT ALL STARTS WITH SELF-CARE

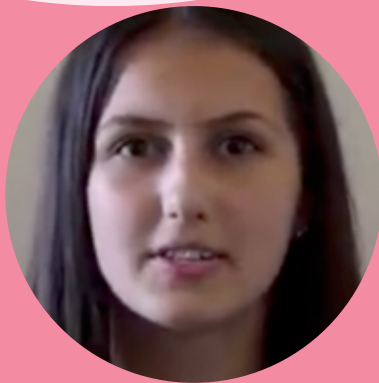
## WEEK ONE: Self-love & Becoming a 'Capital H Gal'

We begin by focusing on self-care and self-love, which we believe is super important as a woman. We identify ways to be the ripest, juiciest peach you can be, and enhance your confidence, happiness and strength of relationships along the way.

- What is a capital H girl?
- How to become a capital H girl?
- What are the three H's?
- How can we use it to practice self-love and self-care?

Over 70% of girls aged 15 to 17 avoid normal daily activities, such as attending school, when they feel bad about their looks

\*(Brands in action: Dove, 2014)



JESSY - YEAR SEVEN, THORNBURY HIGH

"Definitely the self love thing, because I learnt it's important to love yourself, and not just others. And you have to love yourself before you love anyone else. It was a good experience because I learnt how to say no to people, and to not put myself in situations where you feel pressure to not say no."



## WEEK TWO: Mindfulness and Gratitude

We talk about the power of gratitude and a positive mindset. We've practiced gratitude every day for over two years now and it really has changed our overall outlook on life! We can't wait for you to start experiencing the benefits for yourself.

- Getting to know yourself and who you want to be
  - Positive mindset, awareness of self and future
  - Tips to strengthen gratitude and mindfulness

A one-time act of thoughtful gratitude produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms

\*(Positive Psychology Progress, 2005)

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# MODULE ONE: IT ALL STARTS WITH SELF-CARE

## WEEK THREE: Body Image, Exercise and Self-Esteem

Loving and accepting your body is such crucial part of womanhood. We discuss the importance of keeping active and the effect this can have on your overall self-esteem and outlook. Learning to acknowledge that social media can play both positive and negative roles in our self-esteem and identifying ways to boost our self-confidence.

- Learning to love our bodies, and accepting ourselves as we are
- "Comparison is the killer of joy"
- Focus on the things you love about your body, and remove obstacles stopping you from doing so
- Benefits on your outlook and self-esteem

Four out of five Australian women have low body self-esteem  
\*(Dove, 2016)



DANIELA - YEAR 7, MERCY COLLEGE

I would definitely recommend The Big Sister Experience to other girls my age because it is so important to understand more about yourself, and how to manage your social circles, as well as how important it is for girls to support girls. These are definitely much needed topics to raise with girls in high school.



## WEEK FOUR: Female Health, Girl Problems and Make-up

This week we have a special guest Jacky who is a make-up artist from "makeupbyjackyp". We also delve into some girlie issues and things to be on top of when it comes to female health. Enjoy!

- Female health and what to look out for
  - Make-up and beauty
  - All things growing up a girl

77% of Australian women blame "unrealistic standards" set by media and advertising as the main cause of self-esteem issues  
\*(Dove, 2016)

This is where the 4 Week Mini Make-Over ends however, there are options to extend into the 12-week course if desired.



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# MODULE TWO: SOCIAL MEDIA AND WELLBEING

## WEEK FIVE: Online Bullying

With the uprise of social media and connecting with others online, it's imperative to understand how to deal with situations that you are bound to witness or be apart of. We address the increased access to the internet in younger individuals, and steps to confidently deal with online bullying of oneself or others.

- What is bullying?
- How to be a supportive bystander rather than a silent bystander
- What to do if you're being bullied online

**One in six children are bullied every few weeks or more in Australia.**

\*(Department of Education and Training, 2015)



## WEEK SIX: Your 'Digital Footprint' & Meeting in Real Life

*Research shows that one simple act of kindness produced an immediate 10% increase in happiness and 25% reduction in depressive symptoms.*

It's important to be mindful of the things we are sharing to social media and the rest of the world. We discuss the ins and outs of maintaining a positive digital footprint, as well as creating a safe space online, and transferring that same mentality to meeting people in real life as well.

- What is a digital footprint?
- How to ensure your digital footprint is beneficial to your reputation
- How to go about safely meeting online acquaintances in real life

**76% of Australian children (9-16) access the internet daily, for approximately an hour and a half each day**

(Australian Social Trends, 2011)



**BIANCA - YEAR SEVEN, MERCY COLLEGE**

This workshop has taught us many strategies that we can use in our lives so I would definitely recommend this workshop to other girls my age.

It makes you feel good about yourself and helps you to realise that you don't need to change anything about yourself because you are perfect just the way you are.

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# MODULE TWO: SOCIAL MEDIA AND WELLBEING

## WEEK SEVEN: Depression, Anxiety and Mental Wellbeing

We delve into all things mental health. It's vital for us to be aware of our own mental health and wellbeing, and what we can do to help ourselves or others in times when we don't feel our best.

- What is mental health and wellbeing?
- What is anxiety and depression?
- Common symptoms of anxiety and depression
- Tips to cope with anxiety and depression

1 in every 3 teen girls suffer from anxiety, at an average onset age of 15

\*(Child Mind Institute, 2019)



SHA'QUILLA - YEAR SEVEN, MERCY COLLEGE

I liked how Bianca and Kritz gave real life examples, and it was valuable to receive some real life education and skills from women with experience.

I will always remember that putting myself first is not selfish, and to always love and take care of myself because I am enough.



## WEEK EIGHT: Healthy Body, Healthy Mind

*one significant of emotional gratitude produced immediate life increase in happiness and 25%*

Having a healthy body is vital when it comes to keeping a healthy mind. Week eight shares our tips for keeping a healthy body and mind, which work hand in hand in improving your quality of life and form helpful habits to take into the future.

- What is a healthy mind and body?
- How does exercise help improve our wellbeing?
- Benefits of healthy food choices and brain food

Poor body image is associated with an increased probability of engaging in dangerous dietary practices and weight control methods, excessive exercise, substance abuse and unnecessary surgery to alter appearance

\*(NEDC, 2012),

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# MODULE THREE: FRIENDS AND FAMILY

## WEEK NINE: How to Be and Find a Good Friend



Through high school our friendship groups change as we begin to discover our own identity, what we like and what we don't. Sometimes we find ourselves hanging around people and begin to question if they're a good influence or not. Week nine discusses what traits you should look for in a good friend and how to be a good friend yourself.

- Peach theory "You can be the ripest juiciest peach, but there are still people who don't like peaches"
- Focusing our energy on being the best peach we can be
- Surrounding yourself with people who love peaches

Teens aged 15/16 with a close friendship, rather than a bigger peer group with less intense connections, reported higher levels of self-worth and lower levels of social anxiety and depression.

\*(SRCD, 2017)



OMINDI - YEAR SEVEN, MERCY COLLEGE

I would absolutely recommend The Big Sister Experience for other girls my age because most girls aged eleven and older can be insecure about themselves and they may not know how to develop self-love or self-confidence, so The Big Sister Experience can help them to develop these important traits.



## WEEK TEN: Peer Pressure

In our teen years, peer pressure is something that can be really common - especially as this is the age where you naturally start taking more risks. But peer pressure can have both negative and positive effects. Week ten discusses those and what to be aware of.

- What is peer pressure?
- Common negative situations where peer pressure occurs
- How to overcome these situations

40% of young people aged 10-12 have had a full serve of alcohol and around 60% of 12-17 year old students have drunk alcohol at least once.

\*(NIAAA, 2018)

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# MODULE THREE: FRIENDS AND FAMILY

## WEEK ELEVEN: Family and Building Relationships

Family and siblings are usually the people we spend most of our time with but sometimes these relationships can be the ones that frustrate us the most! It's really important to embrace the relationship we have with our family and/or siblings especially in our teen years when we most need support, advice and security. This week we will be discussing these relationships and ways you can work towards strengthening them.

- What is a trusted adult?
- How to choose your trusted adult
- How trusted adults can assist you
- How we can strengthen these relationships

Two in three 12-19 year olds live at home with two parents (60%), and a further 20% live with one parent

\*(AIFS, 2014)



CLAIRE - YEAR EIGHT, THORNBURY HIGH

You made us feel like it was a safe environment and we wouldn't be judged or anything. I learnt that it's good to love yourself. Not be up yourself, but take care of yourself. And if you want to say no to something, you can, and you won't be judged for it, and if they judge you, they're not good people to hang around.



## WEEK TWELVE: Courageous Conversations

*The impact of meaningful gratitude produced a moderate 10% increase in happiness and 25% decrease in depression.*

Lastly, we cover how we go about sensitive situations that we require direction or guidance on. As daunting as this process can be, sometimes nerves are a good indicator that we need to have these conversations. Included are some helpful tips on how to go about the process in a positive manner.

- What is a courageous conversation?
- Three steps to having a successful and effective courageous conversation
- How does it reflect our previous learnings?

84% of Australian born people said they would turn to family for help

\*(Relationships Australia, 2018)

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## WHAT DOES MY DAUGHTER GET?

Our 4 or 12-week online course is:

- Transparent to parents
- Run securely through our online portal
- Safe, confidential & age appropriate
- Relevant, authentic, real life-education

## The Self-Love Makeover Course Inclusions:

- Pre and post survey to review your daughter's journey
- Weekly videos giving tips, knowledge, real-life examples and lessons to your daughter
- Accompanying PDF booklet with activities, reminders, templates and affirmations
- Weekly blog posts and further reading supporting the monthly curriculum
- An opportunity for connection and belonging as your daughter realises she is not alone in her experiences
- A community of supportive peers and mentors to support her on her new found path of self-love and self-confidence.

## WHAT DO I GET?

The Big Sister Experience has a duty of care to parents/guardians to inform them of any urgent information made known to our team.

## The Self-Love Makeover Course Inclusions:

- Regular emails to parents/guardians with content updates, how to support their daughter and further resources
- Access to The Big Sister Experience support team for advice, mentorship, or information on any aspect needed throughout the course duration
- An opportunity to bond with your daughter over videos, activities, or discussions throughout the course.

Parents and guardians can be as involved as they wish with their daughter's journey through the course. It can be completed independently by your young person or can be a great opportunity for bonding and further discussion if done with a parent or guardian.



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# FREQUENTLY ASKED QUESTIONS

## Is it an ongoing payment?

Both the four-week and twelve-week course run off a one off payment - There are NO reoccurring fees or subscriptions.

## Do we need anything for it?

All you need is internet access and a device. Each week we provide PDF's to download and work from.

## How do we access it?

All through our safe online portal attached to our website. That's where you will sign in and access the course over the allocated period.

## Is there homework?

We give you two/three tasks per week to integrate into your daily routine, and hopefully long into your future, such as:

- Meditation
- Moving your body
- Journaling
- Gratitude
- Creating a safety plan

## What involvement do parents have?

As little or as much as you like! It's fully automated, so can be completed alone; however, it's a great opportunity for bonding by doing it together and opening further discussions.

We also send regular emails home to update you on content we cover and ways to support at home.

## Did Bianca and Kritz make it?

We made the whole thing from scratch. All original content made and delivered by us!

## What are some of the topics covered?

Over the twelve weeks we cover:

- Self-love and becoming a capital H gal
- Anxiety, depression and mental health
- Body mage
- Exercise
- Gratitude
- Female health and girl problems
- Beauty and makeup
- Online bullying
- Your digital footprint
- How to be and find a good friend
- Family and building relationships
- How to have a difficult conversation

## How long does each week's video and tasks take?

Each week's video ranges from 15-25 minutes. Tasks vary in length and frequency! Plus a short blog each week for reading.

## Can I start on the four week and stay on to do the twelve weeks?

You sure can! See if it's a good fit by signing up for the four weeks, then you'll have the opportunity to extend your daughter into the twelve-week course from there.

## How do I enrol?

It's easy! Just click [here](#) to enrol in our incredible course (we promise you wont regret it!)

If you would like to find out more, click the icons below to get in contact with one of our lovely team members to learn more and follow us on our journey!



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