



# Standing Strong

A supporting young girls

Standing Strong is a 6-week course that helps young girls with issues such as body image and online safety.

Standing Strong is a course designed to tackle negative thinking - helping young people to turn these thoughts into positive ones. Standing Strong will also teach young people how to identify negative relationships - and how to become more confident about body image and accepting themselves for who they are. There will also be elements of online safety and assertiveness - all with the intention of preparing young women for the challenges which may face them across modern life. The course will have a strong focus on education and empowerment - helping these girls to feel more in-control of different elements of their lives.

Taking Place at Fusion Healthy Living Centre  
Running from the 1st of July. 4pm - 5pm.

Contact Annie Palmer ([anniepalmers@fusionhlc.org.uk](mailto:anniepalmers@fusionhlc.org.uk)) for more information.