



Indiana SADD - February

# CELEBRATE YOURSELF!

A Project to Promote Positive Self-Image

Today's teen encounters plenty of negative influences and messages. The Indiana SADD SLC wants to bring some positivity to Indiana and have developed a project they've named *Celebrate Yourself!*

The goal is to promote positive self-image. SADD students will encourage peers to celebrate their unique qualities and individuality during the month of February.

Though there are numerous ways this might be accomplished, Indiana SLC members are extending an invitation to SADD chapters across the state to participate in a signature *Celebrate Yourself!* project activity.

1. Pass out sticky notes to SADD members.
2. SADD member write positive messages to the student body.
3. Look for creative ways to share the messages. You might put them on bathroom mirrors, lockers, desks, bulletin boards, anywhere you think students will see them and meets with your administration's approval.

The Indiana SADD Student Leadership Council is highlighting February as a time for SADD chapters to promote positive self-image projects.

Please share pictures of your project on Instagram and add @IndianaSADD and hashtags #INSADD and #celebrateyourself.

## *Fun ideas for giving back to your community!*

There are countless, creative ways you could choose to do this, so make it your own!

Some suggested post-it note messages include:

- Be happy with who you are.
- Be Yourself.
- Love Yourself.
- Attitude is everything!
- Stay positive.
- Today, I will love myself!
- Smile! It brightens up any face.
- Believe in yourself.
- Be yourself; there is no one better!
- In a world where you can be anything, be yourself!
- Celebrate your Uniqueness!
- "To the world you may be one person, but to one person you may be the world."
- "BE what you want to be and achieve what you aim to be."
- Beauty is more than skin deep.
- Smile! You are beautiful!

**Today you are  
You, that is truer  
than true. There is  
no one alive who is  
Yover than You.**

— Dr. Seuss

**I AM IN  
CHARGE  
OF HOW I  
FEEL AND  
TODAY I AM  
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