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SPORT

BODY

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YOU!



In collaboration with





BODY CONFIDENT YOU!

In collaboration with



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Body Confident Sport is a first-of-its-kind, scientifically proven set of tools for coaching 11- to 17-year-old girls that will help build their body confidence and make them feel like sport is a place where they belong. The tool was co-developed by Nike and Dove over two years, in partnership with world-renowned experts at the Centre for Appearance Research and the Tucker Center for Research on Girls & Women in Sport at the University of Minnesota. The content of this book has been adapted from the Body Confident Sport curriculum. www.bodyconfidentsport.com

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WELCOME!

Since you're here, there's a good chance you enjoy playing sports. Whether it's archery, dance, soccer, lacrosse, or rock climbing, sport is a place where you can be yourself, connect with friends, and maybe forget about your worries. But sometimes, this isn't the case. Sometimes, you might find yourself worrying about what you look like and what others think about you.

HAVE YOU EVER THOUGHT OR SAID SOMETHING LIKE THIS?

"I look gross. I'm sweating, and all my makeup has rubbed off."

"I don't want to play outside today. It's too hot, and I don't want my skin to get too dark."

"My legs look fat in these shorts. I should've worn leggings."

These comments are all about appearance, rather than all the awesome things you can do or any of the talents and traits that make you one of a kind. Over time these thoughts can snowball, and before you know it, you're not feeling great about yourself and you're disconnected from the sport you love. This is very common among girls, but it doesn't have to be. The information in this book is based on **Body Confident Sport**, a scientifically proven set of tools designed to help girls like you build body confidence and feel welcome and connected while playing sports.

In these pages, you'll find facts about body talk and what our bodies experience in sport, and tips for listening to your body. Throughout the book, we've also provided questions and writing prompts designed to help you explore your feelings and experiences.

GRAB A NOTEBOOK AND CREATE YOUR OWN PERSONAL BODY CONFIDENCE JOURNAL.

Feel free to label it and decorate it with drawings, doodles, stickers, washi tape, or whatever you like. If you don't have a notebook handy, staple or fold a small stack of paper together to make your own.

This is your personal journal. It is a private space for you to answer the prompts, record your thoughts, and capture any questions or ideas about body image or sports that pop into your head.

Who Is an Athlete?

You are.

An **athlete** is anyone who moves their body in a way that makes them feel good.

Do you like to swim? Play badminton? Shoot hoops? Go for walks with your friends? Do you ever dance around when you hear your favorite song?

Good. Then you are an athlete.

Sport refers to all sorts of movement—not just competitive team activities. Walking, playing catch, playing volleyball, surfing, rock climbing, skateboarding, taking a tap dance class, competing in the Olympics, and doing yoga—these are all ways to participate in sport.

*ATHLETES COME
IN ALL SHAPES
AND SIZES.*

*ATHLETES ARE ALL
DIFFERENT AGES AND
GENDERS, WITH UNIQUE
BODY TYPES AND ABILITIES.*



JOURNAL PROMPTS

How do you like to move your body?

What sports do you like to play?
To watch? What do you like about them?

Are there other sports or activities you would like to try?

*THERE IS NO ONE WAY
TO BE AN ATHLETE
OR LOOK LIKE AN
ATHLETE.*

Body Confidence 101

First things first, let's talk about body image. **Body image** is how we think, feel, and behave toward our bodies, including the way they look and how they work. It can be positive or negative—or anything in between. Many people have **body image concerns**. These concerns can lead to unhealthy worries about body weight and eating, which can affect your self-esteem and your mental and physical health. That's why it's so important to develop some strategies to help you recognize and appreciate your body for all of the **AMAZING THINGS** it can do.



Body confidence is accepting and appreciating our bodies for what they look like and for what they can and cannot do, and even for what they do differently. It is not about loving every part of your body all the time, but about appreciating your body for what it can do.

Sadly, having low body confidence is one of the main reasons that girls drop out of sport. When you are body confident, you are more likely to have better mood and self-esteem, continue exercising and playing sports, and do better at school and in your relationships with friends and family.

YOU ARE NOT ALONE

Body image concerns are common among people of all ages. Even girls with a positive body image can have moments where they're feeling down on themselves or are unhappy with how they look. You may hear people repeat stereotypes about how a girl is supposed to look or act or be. And you may feel pressure, even from people you care about. So don't give yourself a hard time. It can be tough at times, but you have the power to reframe your thoughts about your body and **FEEL MORE CONFIDENT** in yourself and all the things you can do. Start by focusing on what your body can do.

FEELING BETTER ABOUT
YOUR BODY CAN HELP YOU
FEEL BETTER ALL OVER.



JOURNAL PROMPT

Do you see unrealistic images of women and girls on TV and in social media? Describe what you have seen. Do you think these images are harmful? Why or why not?

The Power of Talk

Take a moment to think about how often you make comments about your body or hear others make comments about how people look.

"Ugh. my thighs are too big."

"Her hair looks better longer. don't you think?"

"You look great. Have you lost weight?"

This is **body talk**. Even when it is meant as a compliment to a friend, it can be harmful because it's all about looks. These comments put the importance on someone's physical appearance rather than on all their other interests and qualities. You may not realize it in the moment, but it can keep you and your friends from feeling good about your bodies.

WHAT WE SAY TO ONE ANOTHER—
AND OURSELVES—HAS POWER.

One way to avoid focusing on people's appearances is to create a **Body Talk Free Zone**. Chat with your friends or teammates about body talk and when it comes up the most. Maybe it is in the locker room, in a group chat, or when you first see each other in the morning at school. Make a pact to change it up and talk about things other than people's looks.

So, if you're not talking about hair and clothes and looks, what should you talk about? Here are some ideas.



PERSONALITY TRAITS

- ♥ "Jasmine is so kind."
- ♥ "Did you read the poem Jordan wrote in English class? They're so creative."

INTERESTS

- ♥ "Maya's super into video games. She's even learning how to code her own."
- ♥ "I love to cook. I tried a new recipe this weekend."

ACTIONS

- ♥ "You are such a good listener."
- ♥ "Katy always cheers for her friends at soccer matches."

TOGETHER, YOU CAN
CHANGE THE VIBE AND
MAKE IT MORE POSITIVE!

Challenge Body Talk



YOUR VOICE IS POWERFUL.

When you hear body talk, you have some options. You can ignore it. You can walk away or change the subject. You can also speak up to help change the vibe. Here are some examples of things you might hear someone say and how you might respond.

BODY TALK STATEMENT:

"I look so fat today."

COMEBACK COMMENT:

"I wish we weren't all so hard on ourselves! Bodies come in all different shapes and sizes. Think of how boring the world would be if we all looked the same!"

BODY TALK STATEMENT:

"I hate my arms. They're covered in stretch marks."

COMEBACK COMMENT:

"Stretch marks are totally normal! Plus, think of how strong your arms are and all the things your arms allow you to do."

BODY TALK STATEMENT:

"She's too fat to be wearing those shorts."

COMEBACK COMMENT:

"Wouldn't you hate having someone judge how you look when you're playing? Let's talk about how we play, not about how we look."

BODY TALK STATEMENT:

"I wish I was tall like Meghan. I'm useless out there."

COMEBACK COMMENT:

"You and Meghan are different people with different bodies. We may not all be good at the same things, but each of us has talents that make us perfectly us."

It takes practice to be able to respond to body talk in the moment. And that's okay! As you respond to more body talk, you'll get better at it.



JOURNAL PROMPTS

Think about how you might reply to these body talk statements. Write down your responses.

"You look amazing! Have you lost weight?"

"I was so bad this weekend. I ate so many cookies."

"I look terrible. I don't want to be in the team photo."

"Ugh, I don't want to lift weights. I'm getting too bulky. Guys hate bulky girls."

Write down the body talk you overhear. Then brainstorm your own comeback comments.



What Can Your Body Do?

Have you ever taken the time to consider all the things your body can do?

Think of all the physical activities you can do—from swimming and stretching to playing tag and playing soccer to doing jumping jacks and dancing your favorite YouTube routine. Think about all the body functions that relate to your health and growth, like breathing, growing hair and nails, healing from cuts and scrapes, and getting better after you've been sick.



Your body is also what makes your senses work. Think of all the things you can see, smell, taste, touch, and hear because of your body. And creating and communicating? Your body makes that possible too! Talking, writing, crying, hugging, and making up song lyrics are all possible because of the body you've got.

Focusing on what your body is capable of helps you to appreciate it more. Some people call this **body functionality**. It is when you pay attention to what your body can do and experience, rather than what it looks like. Give it a try!

THE POSSIBILITIES
ARE TRULY ENDLESS.

EVERY BODY IS
STRONG AND POWERFUL
IN ITS OWN WAY.





JOURNAL PROMPT

Make a list of all the things your body can do. Write, draw, or doodle. You could also list them out loud. Express yourself in the way that is best for you!

TRY TO INCLUDE:

- ✓ things your body does unconsciously
- ✓ ways your senses help you
- ✓ ways you move your body
- ✓ how you practice self-care
- ✓ how you communicate
- ✓ how you exercise your creativity

HERE ARE SOME IDEAS OF WHAT YOU MIGHT SAY:

"My brain lets me be creative. I can write poems and make up funny jokes that make my family laugh. Also, because of my body, I can talk, yell, smile, and laugh."

"Whenever I hear music, I start to move. I turn up the volume and dance around. I can dance alone or with my friends. And when I am dancing, all my worries go away."

"I am grateful for my leg muscles. They help me outrun my opponents in races and score goals when I play soccer. And my lungs help me breathe deeply when I go fast."

"I love that my body was able to heal after I sprained my ankle. That meant I could get back to playing volleyball, and that makes me happy!"

Time to Check In!

Here's a simple thing you can do to feel calmer and more **confident**: Take a moment to connect with your body and listen to its needs. You can perform a **Three-Step Sense Check-In** anywhere, anytime. It only takes a few minutes.

When you check in with your body, you may find you don't need anything at all. Or you may discover that a quick act of self-care might dramatically improve how you're feeling. Sometimes a few minutes of stretching or deep breathing or a hydrating glass of water can really improve your mood or your performance in your sport—and in life! Here's how to do it.

THREE-STEP SENSE CHECK-IN

STEP 1: SLOW DOWN

- ♥ Pause and take three deep breaths in through your nose and out through your mouth.
- ♥ If you feel comfortable, close your eyes.

STEP 2: CHECK IN

- ♥ Slowly scan your body from top to bottom.
- ♥ Pay attention to what your body is feeling. What sensations are you noticing? (For example, are your feet cold? Are your shoulders tense?) Take notice of your feelings, but don't judge them.
- ♥ Ask yourself: Does your body need something? (For example, do you need some water, a snack, a quick muscle warm-up?)

STEP 3: MOVE FORWARD

- ♥ Now that you've checked in with your body, do something to meet your body's needs. Grab something to eat if you're feeling hungry. Put on fuzzy socks if your feet are cold. Roll your shoulders forward and backward and gently tilt your head from side to side to work out tension in your shoulders.



Respect and Respond

There are lots of great reasons to listen to your body. It can prevent injury or illness, help you enjoy playing sports, boost your mental and physical health, and make you more comfortable in everyday life.

WHAT ARE SOME OF THE SENSATIONS YOU MIGHT FEEL WHEN YOU ARE PLAYING SPORTS?

heart pumping

a muscle cramp

sweating

flexible legs

the wind against my skin

hurting ankle

a powerful swing

dry mouth

tight waistband

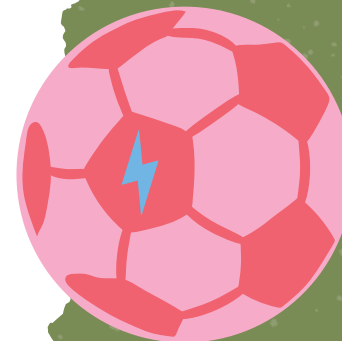
breathing fast

HOW CAN YOU GIVE YOUR BODY WHAT IT NEEDS?

If you are sweating, is it because you've been running laps? Or maybe it is too hot outside for the sweatshirt you are wearing now that you're warmed up? Think through what your body is telling you.

If you have a muscle cramp and your mouth is dry, you're probably dehydrated. Take a break and **DRINK SOME WATER**.

When your clothes are too big or too tight or are not supportive enough, it might make you not enjoy the activities you once loved. See if you have clothing that is **MORE COMFORTABLE**. If you need to, speak to your parent, guardian, or coach about getting items that fit better.



JOURNAL PROMPTS

Why is listening to your body a good way to practice body confidence?

Spend 10 minutes playing a sport. Focus on what your body is doing and how your body is feeling. Then write down every sensation you are feeling. Focus on what your body might need, and write down your ideas about how you can respect and respond to those needs.

5 Mantras to Boost Body Confidence



Look in the mirror and say these phrases to yourself. Write them on sticky notes and hang them around your bedroom. You could even write them in big block letters and then spend time coloring and decorating them.

My body
is **POWERFUL**.
It allows me to
do so many
awesome things.

I AM
an athlete.

Athletes
come in **ALL**
shapes and
sizes.

I will take
the **TIME** to
LISTEN to my body
and give it what
it needs.

I am
UNIQUE. I have
my own strengths,
interests, and
personality traits.
And I am worth
celebrating.

PRACTICE BODY CONFIDENCE EVERY DAY.

QUIZ My Body Confidence

Feeling confident in your body and in the sports and activities you do is something you can practice. Answer these questions to quiz yourself on your knowledge about body image and body confidence. (And remember—it's okay if you don't get them all right. There's always more to learn!)

1. What is body image?

- A. What you think about how your body looks and works
- B. How you feel about your body
- C. How you behave toward your body
- D. All of the above



2. When you are body confident, which of these things do you do?

- A. Compare my appearance to the people I see on TV and in social media
- B. Feel proud of all the things my body does
- C. Wear baggy clothes to hide my body
- D. Say mean things about myself before anyone else can

3. **TRUE OR FALSE?** Tween girls are more likely to have body image concerns than boys.

4. **TRUE OR FALSE?** People who are thin and look like society's beauty standards are less likely to experience body image concerns.



5. Which of these statements **DOES NOT** focus on body functionality?

- A. "My calves look great in these leggings."
- B. "My arm muscles let me hit the ball hard."
- C. "I feel graceful and strong when I swim through the water."
- D. "Stretching before dance class helps me increase my flexibility."

6. What might help your body feel better when you are thirsty and sluggish?

- A. Going shopping
- B. Quitting sport entirely
- C. Drinking some water
- D. Changing my shoes

7. **TRUE OR FALSE?** Athletes come in a diverse range of bodies, and how an athlete looks does not determine their performance or well-being.

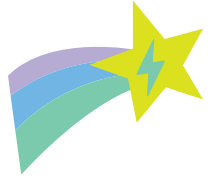
8. You are starting to feel uncomfortable in PE because your gym clothes feel too tight and revealing. Which of these options will NOT help solve the issue?

- A. Meeting with my teammates and going together to ask the school about changing the uniform
- B. Talking to a parent and/or a teacher to help me get the clothing I need
- C. Continuing to wear the uniform that doesn't fit
- D. Switching into more comfortable clothing. If the teacher asks about it, I'll explain that I want to join in and that comfortable clothing helps with that.

9. You hear a friend say, "I look disgusting. I'm sweaty, and all my makeup has rubbed off." How can you reply to her to counteract the body talk?

- A. Reply, "Ew. Sweating is gross."
- B. Say, "Everyone looks better with makeup. We can put on more after practice."
- C. Tell her: "Don't worry about it. You look pretty enough."
- D. Say, "Sweating shows how hard you're playing out there. How about we focus on that and not what we look like."

10. TRUE OR FALSE? Having positive body confidence can help you feel happier, healthier, and more confident.



11. You get to lacrosse practice a little late and see everyone else is already running laps. You don't feel warmed up enough to jump right in. What do you do?

- A. Take a few minutes to stretch my muscles before I start running. I'll explain why if the coach asks.
- B. I don't want to call attention to myself. I'll just join everyone else who is already running.
- C. I'll run extra hard to show everyone how tough I am.
- D. Start jogging kind of slowly and pray I don't get a cramp or pull a muscle.

12. When an athlete announces that they are stepping away from competition for their own well-being, what are they doing?

- A. Prioritizing their mental health
- B. Listening to their body
- C. Making decisions about their own body and health
- D. All of the above



JOURNAL PROMPT

Can you think of a time you listened to your body and made a change? What happened?

Answer Key

1. D, 2. B, 3. True, 4. False, 5. A, 6. C, 7. True, 8. C, 9. D, 10. True, 11. A, 12. D

About Body Confident Sport

SPORT CAN BE A POWERFUL FORCE IN A GIRL'S LIFE.

Yet, around the world, 45% of teenage girls are dropping out of sport—at twice the rate of boys—because of low body confidence.

That's why **Dove**, the world's biggest provider of self-esteem and body confidence education, has teamed up with **Nike**, the biggest champion of athletes and sport, to launch the **Body Confident Sport** program, to build body confidence for millions of girls and make sport a place where they feel like they belong.

Body Confident Sport is a first-of-its-kind, scientifically proven set of coaching tools to build body confidence in 11- to 17- year-old girls. It was co-developed by Dove and Nike, in partnership with world-renowned researchers and experts—the **Centre for Appearance Research** and the **Tucker Center for Research on Girls & Women in Sport at the University of Minnesota**—and includes input from girls and coaches from six countries: France, India, Japan, Mexico, the UK, and the US.

Body Confident Sport provides coaches with the materials they need to increase girls' body confidence, body image, and self-esteem through sport. This book is based on Body Confident Sport.

HEY, GROWN-UPS! To learn tips and strategies for helping the girls in your life build body confidence and stay active, go to **bodyconfidentsport.com**.



A NOTE FOR YOU:

If you're struggling with your body image, first we encourage you to speak with a trusted friend, parent, coach, or adult. If this isn't a possibility for you, or you would like to learn more about body image, you can use the below resources, where you'll find links to helpful information and organizations.

ADDITIONAL RESOURCES

Gurls Talk

gurlstalk.com

The Mix

themix.org.uk/explore-our-topics/your-body/

Nemours Teens Health

kidshealth.org/en/teens/body-image.html

kidshealth.org/en/teens/triad.html

Body Image Books for Young People

Celebrate Your Body (And Its Changes, Too!): The Ultimate Puberty Book for Girls by Sonya Renee Taylor (girls 8+)

The Body Confidence Book: Accept, Respect and Empower Yourself by Dr. Phillippa Diedrichs (girls 11+)

The Body Image Book for Girls: Love Yourself and Grow Up Fearless by Charlotte Markey (girls 12–17)

The (Other) F Word: A Celebration of the Fat & Fierce by Angie Manfredi (girls 13+)



SCAN FOR MORE!

For more pep talks and helpful info on staying happy, healthy, and **AWESOMELY YOU**, check out videos here!



More Books!



For more inspiring stories about amazing women and girls and to get tried-and-true advice on growing up and pursuing your dreams, check out other Rebel Girls books.



ABOUT



Rebel Girls, a certified B Corporation, is a global, multi-platform empowerment brand dedicated to helping raise the most inspired and confident generation of girls. The brand purposefully creates content, products, and experiences to empower Generation Alpha girls and equip them with the knowledge and tools they need to thrive. Because confident girls will radically transform the world.

With a growing community of 36 million self-identified Rebel Girls spanning more than 115 countries, the brand engages with Gen Alpha through its book series, premier app, events, and merchandise. To date, Rebel Girls has sold more than 11 million books in 62 languages and reached 65 million digital listens/views. Award recognition includes the *New York Times* bestseller list, 2022 Apple Design Award for Social Impact, 10 Webby Awards, and more.



REBEL GIRLS SPORT is a bold new destination for tween and teen girls designed to inspire, build confidence, celebrate women athletes, and spark lifelong fandom through content, experiences, and products.

JOIN THE REBEL GIRLS COMMUNITY

Head to **rebelgirls.com** and join our email list for exclusive sneak peeks, new content drops, creative activities, and more. If you want to say hi or have any questions, email us at **hello@rebelgirls.com**. We love hearing from you.



MORE PLACES TO FIND US!

Watch: youtube.com/RebelGirls **Listen:** rebelgirls.com/audio

Shop: rebelgirls.com/merch



And for your daily dose of Rebel Girls, be sure to follow us on Instagram & Facebook **@rebelgirls**

EMBRACE BODY CONFIDENCE FOR A HAPPIER, HEALTHIER YOU!

- Learn about the power of positive talk
- Celebrate the amazing things your body can do
- Practice listening to your body

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bodyconfident sport.com



Rebel Girls is a global, multi-platform empowerment brand dedicated to helping raise the most inspired and confident generation of girls.



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