

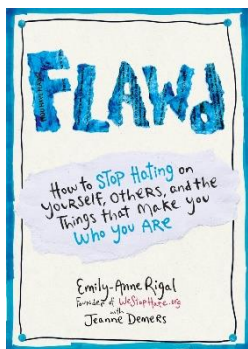
RAISE SELF-ESTEEM & COMBAT BULLYING THE FLAWD WAY™

We all have our own version of the *Not-Good-Enough* story. These stories have the power to hold us back... or set us free. When approached with respect and compassion, our *flawd stories* can be turned into our strongest allies. They can even be used as a powerful way of helping others. The *FLAWD* Way explores courageous sharing and looks at the lives of people who have taken *their mess* and turned it into *their message*.

THE FLAWD BOOK

How to Stop Hating on Yourself, Others, and the Things that Make You Who You Are

- **See** yourself as perfectly imperfect
- **Treat** life as playfully as possible
- **Think** about what really matters
- **Embrace** all that makes you, YOU
- **Understand** influence and how to use it
- **Know** you can be a part of a *FLAWD* and powerful transformation



THE FLAWD TALK

Own Your FLAWD Stories:
how to make your mess your message

A lively, interactive multi-media presentation that...

- **Empowers** students with the playful perspectives within *FLAWD*
- **Inspires** leadership with the story of the *WeStopHate* movement
- **Entertains** and **educates** around Social-Emotional Learning

THE FLAWD WORKSHOP

Scribble, Crumple, Tear:
a collaboratively created FLAWD message to the world

Presented in the classroom, this workshop uses the Arts to...

- **Anchor** the key takeaways from the *FLAWD* Talk
- **Create** *one word messages* that communicate the *FLAWD* philosophy
- **Affirm** the students' commitment to the *FLAWD* philosophy
- **Share** their *one word messages* to unite with other *FLAWD* schools

To learn more about bringing ***Own Your FLAWD Stories*** and ***Scribble, Crumple, Tear*** into your school, contact Jeanne Demers at:
Jeanne@WeStopHate.org or WeStopHate.org/Contact

EMILY-ANNE RIGAL



At 16 I created WeStopHate.org to raise self-esteem as a way to combat bullying. *Newsweek* has called me one of the "150 Most Fearless Women in the World." As an activist, speaker, and YouTube personality, I've received the **Peace First Prize** of \$50,000 and the **TeenNick H.A.L.O.** (Helping and Leading Others) Award. I am currently a full-time student at Barnard College of Columbia University in NYC, although I escape back home as often as possible!

JEANNE DEMERS



I'm the co-author and illustrator of **FLAWD**. In 1994 I founded the non-profit **Realize Arts & Education, Inc.** dedicated to collaborating with young people around self-discovery, self-acceptance and self-expression. Through a process of "reverse mentorship" I realize potential in young people. Supporting and learning from Emily-Anne in the creation and growth of the teen-led **WeStopHate** movement is reverse mentorship at its best.