

Your invitation to the

#liedentity

CONFERENCE

**Helping young people discover their true self-worth****Tuesday 20 February 2018****Gloucester Rugby Club / 10.30am registration finishing at 4pm**

Free parking is available at the Rugby Club and the train station is a five minute walk.

Life

**"I have come that they may have life, and have it to the full"**

(WORDS OF JESUS FROM JOHN 10:10)

Dear Bishop,

I am writing to inform you of a day conference I am hosting in Gloucester and hope that you will be able to send three representatives from your diocese.

I am copying this letter to your Head of Communication and Director of Education.

In today's world many young girls and boys are sourcing their identities from social media and advertising, often losing their self-esteem in the process. They are bombarded with messages of what the 'perfect body image' is, which for many undermines their true identity. We know that for these young people having negative thoughts about how they look can impact on their entire life, causing deep unhappiness and contributing to poor mental health.

Over the last couple of years I have been speaking publicly about this issue and promoting the message that who you are, is more than how you look.

In October 2016 I launched a social media campaign #liedentity with pupils from All Saints' Academy in Cheltenham, challenging negative body image and encouraging young people to look within to discover true value and beauty. This has given me a great opportunity to speak with young people about my own identity in Christ and my desire for every person to discover their worth and potential as a unique individual created in the image of God.

As the Church we are involved with the care of young people in schools, youth groups and worshipping communities and it is intended that this day conference will be an opportunity to learn more about body image anxiety and discover how we can play an active role to promote confidence in the young people with whom we engage.

The input from speakers and workshops will be aimed at sharing knowledge, experiences and resources that help young people discover their true self-worth. It is hoped that together we will explore how as Christians we can better engage with issues of identity in young people.

I invite you to send three representatives from your diocese to

[www.gloucester.anglican.org/parish-resources/communications/liedentity](http://www.gloucester.anglican.org/parish-resources/communications/liedentity)

## SPEAKERS

**The Bishop of Gloucester, the Right Revd Rachel Treweek** was the first female diocesan

bishop in the Church of England and first female bishop in the House of Lords. She began her life in ordained ministry in 1994. Prior to her ordination she worked as a Paediatric Speech and Language Therapist within the NHS. She served on the Child Development Team at the Royal Free Hospital before becoming the Clinical Manager for paediatric speech and language therapists in health centres across three North London health authorities.



**Liam Preston** is the Public Affairs Manager for YMCA England & Wales. In response to the Reflections on Body Image report from the All-Party Parliamentary Group on Body Image, YMCA alongside Dove, founded the Be Real Campaign. The campaign works with a number of organisations and charities, and developed the Body Confidence Campaign Toolkit for Schools and the Be Real Body Image Pledge.



**Dr Philippa Diedrichs** is an Associate Professor at the Centre for Appearance Research at the University of the West of England, the world's largest research group exploring the psychology of appearance and body image. She leads a team of researchers investigating psychological and social influences on body image, and the development and evaluation of online and face-to-face body image interventions, advocacy efforts, and campaigns. She has advised and worked on projects alongside the British Government Equalities Office, Unilever (Dove Self-Esteem Project), Transport for London, YMCA, the World Association for Girl Guides and Girl Scouts, Edelman, and Ogilvy.



**Mo Baldwin** is the Director of Church Engagement for The Children's Society. A Good Childhood: what does this mean for our churches, schools and communities? Mo will share the findings of The Children's Society's 2017 Good Childhood report. She will be exploring this vital research into children's subjective well-being and the implications of the report's findings for our churches, our schools and communities.

01452 410022 [church.house@glosdioc.org.uk](mailto:church.house@glosdioc.org.uk)[gloucester.anglican.org](http://gloucester.anglican.org)

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**36%** of girls aged 7 to 10 say people make them think that the most important thing about them is how they look

(Girlguiding)

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In 11 to 16 year olds we found that more than a third

**36%** were willing to do

'whatever it takes to look good' and that nearly two

thirds **63%** said what

other people think of their looks is important to them

(YMCA)

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A **third** of girls are unhappy with their appearance

(The Children's Society)

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Almost a fifth of teachers, **18%** surveyed said they

did not feel confident talking about body confidence

with their pupils

(YMCA)

It would be helpful to know if you are able to attend by Friday 7 July 2017, to help us with our planning. Please respond to **Kerry Pateman** [kpateman@glosdioc.org.uk](mailto:kpateman@glosdioc.org.uk)

Further information regarding the day and workshops will be available soon.