

Self-Esteem Rising

POWERED BY THE
HANCE FAMILY FOUNDATION



Beautiful Me

Consent Form

Participant's Name: _____ Grade as of Fall 2026: _____

The Beautiful Me program was created in January 2009 by Warren and Jackie Hance in honor of their daughters – Emma, Alyson, and Katie Hance. Established in the community of Floral Park, the program is designed to enhance self-esteem, increase positive body awareness, improving problem-solving skills, and building healthy relationship skills for girls and women of all ages.

The program will run on three days:

July 13th 6th grade girls

July 20th 7th grade girls

August 3rd 5th grade girls

These sessions will take place during regular camp hours 9am-12pm. The girls will receive a certificate of completion and a gift from the Beautiful Me program. For more information about this program, please visit <https://www.selfesteemrising.org/beautiful-me>.

I give _____ consent to participate in the Beautiful Me program at The
Print student's name
Malverne Summer Recreation Program.

Parent's Signature: _____ Date: _____

If you have any questions, please contact:

Mrs. Megan O'Rourke-Schutta, LCSW
Phone: 516-578-5971
Email: Mschutta@Malvernevillage.org



ABOUT BEAUTIFUL ME

Dedicated to Emma, Alyson and Katie Hance, the Beautiful Me program is designed to emphasize different aspects of self-awareness, self-reflection and healthy relationships with others. A series of activities and discussions encourage and empower participants in each of these important objectives:

SECTION 1

- Facilitate a conversation about internal and external beauty
- Introduce and foster positive thoughts about each participant's body
- Encourage participants to create and enforce self-generated "rules"
- Redefine the word "beautiful"
- Learn from Alyson's example

SECTION 2

- Introduce and foster positive thoughts about each participant's talents, personality and challenges
- Recognize and share the "pleasant" and "unpleasant" parts of our personalities and behaviors
- Discuss the nuances of non-verbal expressive and receptive body language
- Learn from Emma's example

SECTION 3

- Introduce the concept of meaningful compliments
- Foster the ability to recognize the good in others & share with others
- Practice the ability to receive the meaning and intent of compliments
- Discuss "self-talk" and share that our individual thoughts are an option
- Learn from Katie's example

Beautiful Me is tuition-free as a gift from Jackie and Warren Hance, made possible by generous donors.



RESEARCH

The Hance Family Foundation partnered with The Baker Center for Children and Families, a Harvard Medical School affiliate, in 2021 to develop an effective training curriculum that ensures a high quality of program delivery.

Beautiful Me has a statistically significant impact on participants' social-emotional competencies. The Baker Center's research found that the most frequent impacts of Beautiful Me are:

DEVELOPING AND IMPROVING RELATIONSHIPS WITH OTHERS

This includes engaging with others more, getting along better with others, being more respectful and kind, taking others' perspectives into consideration and being helpful, encouraging and supportive to others. A sense of belonging, connection and acceptance forms in Beautiful Me groups.

A GREATER SENSE OF CONFIDENCE

Embracing and valuing individual uniqueness and increasing awareness of inner and outer beauty.

PARTICIPATING AND SPEAKING UP MORE IN CLASS

Becoming more outgoing, standing up for oneself and making new friends.

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