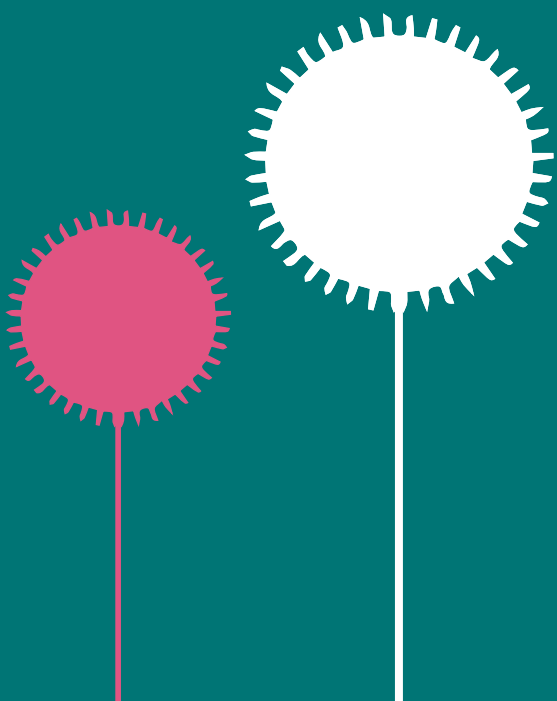


FACT SHEET
Self - Love



CHILDREN'S RADIO
FOUNDATION

Fact Sheet Self-Love

What is self-love?

- ★ The belief you hold that you are a valuable and worthy person (*Your Dictionary*)
- ★ The practice of treating yourself with compassion, acceptance and respect
- ★ Forming a positive and caring relationship with your mind, body and everything that makes you... well you!

A closer look at self-love

- **Self-acceptance** means learning to be happy with who you are, with your personality and physical appearance. It means that we accept our strengths and weaknesses without feeling guilty.

Thought exercise:

- When you look into the mirror, what do you see? How do you feel about what you see?
- How can characters in TV/films, models in magazines, online images affect how we view our own bodies?
- How can a loved one affect how we view our own bodies?
- Think about the last time you were feeling sad or down on yourself. Maybe you received a low grade in school, maybe you had a fight with a loved one, or you were being teased by friends. What kinds of thoughts did you have about yourself? How did you take care of yourself? (example: talk to your siblings, sing your favorite song, write in a journal, shout into a pillow, go for a walk, etc.)

Self-esteem is how you see and judge yourself. With a healthy self-esteem, you feel good about yourself, proud of what you can do and confident in your worth no matter what anyone else says.

Thought exercise:

- Name three or more things you like about your personality.
- What amazing things can you do with your body?
- List two things about yourself that you would like to grow to accept and love.

Self-respect is about the respect you give to yourself. This can mean taking care of your needs (sleeping, eating, exercising, etc.) and your aspirations in life (creative passions, career goals, educational pursuits, etc.). Taking care of your mind, body and heart is also known as self-care. When we respect and believe in ourselves, we recognize our right to live with dignity and happiness.

Thought exercise:

- Name an activity that brings you joy! (Singing, dancing, playing sports, drawing, reading, etc.) Describe in detail what you like about that activity. Why is it important to make time for this activity?
- Describe a time when you had to stand up for yourself or something that's important to you. What was that experience like?

Self-responsibility means taking responsibility for the choices we make in our life. When we take ownership of our choices, we empower ourselves to find information, solutions and ask for help. We also get to celebrate all our accomplishments.

Thought exercise:

- Think of an achievement you are proud of (an award at school, being an amazing friend, your singing voice, your reporting skills, your football skills, etc.). What choices contribute to those achievements?

Fact Sheet Self-Love

SELF - LOVE

VALUES

CONSENT
CHOICES CHANGE
SELF-REFLECTION
SELF-ESTEEM
SUPPORT FRIEND
SELF-CARE

INTIMACY/ SEX

EXPERIMENTATION
ABSTINENCE
HEALING
"COMING OUT" CARE

HEALTH

HIV TESTING
CONTRACEPTION
GROOMING

"Every kind of love
is love,
but self-love
is supreme
among them"

Nigerian Proverb

Is self-love selfish?
"Self-love allows you to
embrace who you are and,
as a result, become better
at loving not only yourself
but others."

(Positively Present)

Identifying personal values can help us understand what we need to feel happy, healthy and loved. When we honor our values, we are already practicing self-love.

Here are some ways of thinking about personal values:

What do I value...

- ★ in myself?
- ★ in my family?
- ★ in my friends?
- ★ in a partner?
- ★ in an intimate relationship?

Here are some examples of values to help brainstorm:

* Honesty * Respect * Love * Support *
Personal growth * Compassion * Communication
* Independence * Kindness * Affection *
Openness * Accountability * Commitment
* Faithfulness * Responsibility *

Fact Sheet Self-Love

Ways to think about self-love

Relating to Personal Values

- ★ How do I make choices?
- ★ Building positive body image and self-esteem
- ★ Creating a group of supportive friends
- ★ The importance of consent
- ★ Personal reflection: recognising the need to heal

Relating to Health

- ★ Taking care of one's sexual health through HIV and STI prevention & testing
- ★ Protecting your future with contraception and family planning
- ★ Keeping your body happy with healthy nutrition and exercise
- ★ Caring for your body with hygiene and grooming

Relating to Intimacy/Sex

- ★ Acknowledging sexuality and experimenting with masturbation (sexual play with yourself), abstinence (choosing not to have sex) or sexual partners
- ★ Healing from sexual abuse, emotional abuse and body shame
- ★ The personal process of safely "coming out" or making your sexuality as lesbian, gay, bisexual, transgender, intersex or queer known

Making choices

- ★ What does it mean to "stay true to yourself"?
- ★ Why is it important to consider your core values when making choices?
- ★ What are ways to experiment while protecting your body, mind and heart?
- ★ How do young people choose sexual partners?
- ★ What do young people search for in romantic relationships?
- ★ Why might people change their minds about love and sex?
- ★ What is it like to change your mind or to say NO?

"As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself."

Charlie Chaplin

Radio Production Guide

Radio formats

Vox Pop

Vox pop's aim: To get many opinions on one topic

Who do you talk to: Anybody from the community

Question: What are the ways you can take care of your heart, mind and body?

Audio profile

Audio profile aim: To get a first-person account of someone's experience and journey.

Who do you talk to: An adult or young adult who had sex and said yes when they wanted to say no.

Questions to ask to get the person thinking before they record their profile:

- ★ What are the main reasons you had sex when you did not feel like it?
- ★ Do girls and boys experiences the same pressures to have sex?
- ★ What is it like to say no when you do not want to have sex?
- ★ What do you need to feel valued and respected by your sexual partners?
- ★ If you can't talk about it together, should you do it at all?

PSA

The aim of a PSA: To create a public awareness message

Seek out needed information and listen to your instincts to care, protect and love yourself.

Voice 1: Oh come on man, just do it this once.

Voice 2: No don't, you're going to regret it for the rest of your life.

Voice 3: Just save yourself for marriage rather.

Character: STOP... There are so many voices to consider when making choices. Be sure to have enough information and to listen to yourself.

Tagline: Your Choice, Your Body

Radio Production Guide

Show outline

General intro
Intro vox pop
Vox pop
Outro vox pop
Music transition
Intro audio commentary
Audio commentary
Outro commentary
Music transition & Jingle
Intro interview (or Intro audio profile)
Interview (or Audio profile)
Outro interview (or outro audio profile)
Music transition & Jingle
PSA
General outro
Music end

Ethics and consent

This is a sensitive topic, so make sure you inform your interviewees properly and get their full consent.



You must always introduce your show and radio features. Then once you've played your features, have a concluding statement for each one. Don't forget a final conclusion for the very end of the show.

Use links (facts, tips, did you know, music) to glue it all together.



Now write your radio script

Radio Production Guide

How to present your show

Use your produced radio features, your research and the suggested script and questions to write your own script.

Suggested questions for your interview with an adult, who can reflect on their past relationships as a young person.

- ★ Sometimes relationships build you up, sometimes they break you down. Looking back, how would you help your younger self see the difference?
- ★ What were the most important qualities of your intimate relationships when you were young?
- ★ Have those qualities changed, and if so how?
- ★ What did you learn about yourself during those early relationships?
- ★ What would you have changed or done differently in your intimate relationships?
- ★ How do you take care of yourself in a relationship?

[INTRO:]

Host 1: It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]... We'll be talking about what it means to truly love yourself. From nurturing and protecting our bodies to taking care of our hearts and minds, we'll be exploring why self-love is so important to living a healthy and fulfilling life.

Host 2: We'll be focusing on how self-love can guide the choices we make. 'Cause when we love ourselves, we listen carefully to what we need on a deep, personal level. From there, we've got so many choices that leave us feeling good.

Host 1: Let's hear more on how we make choices.

[PRESENT WHO IS BEING INTERVIEWED]

[PLAY THE INTERVIEW]

[Outro:]

Host 1: Today, we've learnt so much about self-love! It's incredible to think about all the ways we can choose to honor ourselves. I know I'm worth it, are you?

Host 2: Yebo, yes! It's exciting to learn that self-love starts inside of you and reaches so many different parts of life. It seems like self-love is essential to the longest relationship you'll ever have. Your relationship with you - Whoa!

Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

Once you've finalised your script, produced your radio features and finalised your "show clock" it's time to go live on air!

Prepare to present your show

Outreach Guide

Preparing for the show

How to present your outreach activity

Ways to talk about self-love

- ★ What are the ways you can express self-love?
- ★ Does self-love have to mean making sacrifices?
- ★ Is assertiveness, like standing up for yourself, an expression of self-love?

Choose an angle

What are the ways you can express self-love?

Different ways to talk about: What are the ways you can express self-love?

- ★ How do we start paying closer attention to our needs in order to practice self-love?
- ★ What are the ways that self-love makes you a better person?
- ★ How can you can express self-love in relationships with friends or partners when you disagree with them?

Research different ways to think about self-love:

- [People Share Their Self-Care Routines](#)
- [Self-Love: Just Do You!](#)
- [What Happens When You Can't Say No?](#)
- [That's What He Said: Self-Esteem & Body Image](#)
- [Video by India Arie](#)
- [Allez, Move Forward by Teddyson John](#)
- [Finding Self-Love in Relationships](#)
- [Girl Talk: Self-Love/ Fake Relationships](#)

Find different ways to talk about the topic and structure your show outline

Use your outreach formats and your research to write your own script. Here is an example of part of a script. Use it as a guide to create your own script for your outreach activity

Outreach Guide

Outreach formats

Quiz

Quiz aim: A quiz is a competition to test the audience knowledge. You award simple prizes for the winners.

Who takes part in a quiz: Volunteers from your audience attending your outreach.

Quiz Question examples:

- ★ What is self-love?
- ★ Which is an expression of self-love:
 - Personal grooming
 - Buying that new pair of jeans
 - Saying yes to your friends party even if you don't want to go
- ★ Is self-love selfish?
- ★ Is getting tested for HIV an act of self-love?
- ★ If you love yourself it means you are vain. True or False.

Role Play Game

Role play aim: To provide a scenario that allows the audience to act out a point about the impact statement. Decide how many characters are needed and set the scene for the 'actors' to play out the statement. It is really an improvisation, and the audience 'actors' make it up as they go along.

Example of scenarios:

- Khanyisile's friends are always going out on weekends and getting very drunk. On more than one occasion they have driven home drunk. Khanyisile tells her sister that she wants a change...
- When Thabo was a little boy, he was sexually abused. He didn't tell anyone and he doesn't trust people. His friend suspects something is bugging him, and is trying to get him to talk.
- Julia had unprotected sex over the weekend. She goes to the clinic and talks to a nurse. She is afraid and panicky and thinks she might want an HIV test.

Panel discussion

Panel discussion aim: A panel discussion involves a group of people discussing one topic in front of an audience. There is usually time for questions from the audience afterwards.

Examples of opening questions for the panel:

- How do you know when you are making a healthy, loving choice for yourself?
- How do you learn to trust yourself?
- What if what is good for you is not good for others?
- Does loving yourself get easier as you get older?

Who is on the panel: Health care professionals, community nurses, counsellors, youth, gender activists, parents, young parents.

Outreach Guide

Interview

Interview aim: An interview is a one-on-one conversation where the interviewer asks questions and the interviewee answers their questions.

Suggested questions for an interview:

- ★ When you think of self-love, what comes to mind?
- ★ What are the ways you show love for yourself?
- ★ How is self-love different from being arrogant or only caring about yourself?
- ★ What is NOT self-love?

Impact Jingle

Impact Jingle aim: A jingle is a short song or tune that is easy to sing along to and remember, and it has a clear message.

Please note
there are also interview
questions in the sample
script below

Use your outreach formats and your
research to write your own script.
Here is an example of part of a
script. Use it as a guide to create
your own script for your
outreach activity

Outreach Guide

How to present your show

Use your outreach formats and your research to write your own script. Here is an example of part of a script. Use it as a guide to create your own script for your outreach activity.

Suggested questions for your interview

- ★ What are the kinds of words that you can think of that describe self-love?
- ★ Where does self-love start?
- ★ What examples are there of self-love in your own life?
- ★ How can you sustain self-love in your own life?

[Outro:]

Host 1: Today, we've learnt so much about self-love! It's incredible to think about all the ways we can choose to honor ourselves. I know I'm worth it, are you?

Host 2: Yebo, yes! It's exciting to learn that self-love starts inside of you and reaches so many different parts of life. It seems like self-love is essential to the longest relationship you'll ever have. Your relationship with yourself. - Whoa!

Host 1: That's right! Don't forget to catch us next month on [DAY] at [TIME] and [VENUE]. We'll be talking all about [TOPIC FOR NEXT SHOW]. Thank you for joining us and we hope to see you next time!

[INTRO:]

Host 1: Hello, welcome everyone! Thank you all for being here at the [NAME OF VENUE] today. My name is [NAME OF HOST1] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION]. Today we'll be finding out what this idea of self-love is all about. I thought I knew until I started preparing and researching. Isn't that right [NAME OF HOST 2]?

Host 2: Roger that! My name is [NAME OF HOST 2] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION] and today we are here to discuss self-love. It's going to be an explosive show. Are you all ready?

[PLAY IMPACT JINGLE]

Host 1: We'll be talking about what it means to truly love yourself. From nurturing and protecting our bodies to taking care of our hearts and minds, we'll be exploring why self-love is so important to living a healthy and fulfilling life.

Host 2: We'll be focusing on how self-love can guide the choices we make. 'Cause when we love ourselves, we listen carefully to what we need on a deep, personal level. From there, we've got so many choices that leave us feeling good.

Host 1: Before we say too much about it, let's first hear more from you on how we can make choices that are good for us. Let's test your knowledge with a quick quiz. This is how it works (INTRO QUIZ RULES)

[DO THE KNOWLEDGE QUIZ]

Host 2: Wow! That's some good information about how you can show some love for yourself. Let's hear from some of our guests about what they think self-love is and the ways we can show it.

[PLAY IMPACT JINGLE]

[INTRO Panel Discussion]

[Here, continue with your own script according to the outreach outline below]

Outreach Guide

Outreach Outline:

An outreach outline is a map to help you stay on track during your event. It is a list of the items and the order in which they will happen in the outreach activity. Below is an example of an event that is one hour long.

Music
Intro
Intro Quiz
Quiz
Outro Quiz
Impact Jingle
Intro Panel Discussion
Panel Discussion
Outro Panel Discussion
Music/Performance
Intro Interview
Interview
Outro Interview
Impact Jingle
Outro
Music

Ethics and consent

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space

An outreach outline is a map to help you stay on track during your event. It is a list of the items and in which order they will happen in the outreach activity. Be realistic about the time it takes to do each activity and format

If any incorrect information comes up in any of your formats, like the quiz, role play or panel discussion, you must correct it. Don't let your audience leave with myths!

Once you've finalised your script, your performance artists, your outreach outline and prepared all your formats, it's time to start your live event!

Read your audience and do something to change the vibe when they are not responding or the energy is low