



### Key Questions

#### What is Identity?

Identity is all the things that make you, YOU! It's a combination of your:

- Thoughts and beliefs
- Interests and hobbies
- Culture and background
- Personality and values
- Physical appearance (but not just that!)

#### How might you define yourself?

- What are you good at?
- What do you enjoy doing in your free time?
- What kind of music do you like?
- What are your hopes and dreams for the future?
- What is important to you?

### Positive Identity

#### What is a positive identity?

- A positive identity helps you feel good about yourself.
- It boosts your confidence and self-esteem.
- It helps you build strong relationships with others.

#### Ways to Express Yourself:

- Clothes and fashion
- Hairstyles and appearance
- Music and hobbies
- Art and creativity
- The way you speak and interact with others

#### Staying True to Yourself:

- It's important to be comfortable in your own skin.
- Don't be afraid to be different!
- Surround yourself with supportive people who value you for who you are.
- It's okay to take time to figure out who you are.
- Your identity is always growing and changing.
- Be proud of who you are!

### Celebrating Diversity

- Everyone has a unique identity.
- We should respect and celebrate our differences.
- Diversity makes the world a more interesting place!