



Two-Day Training of Trainers on Gender, Body Confidence and Child Protection Issues in Tribal Areas

Organized by:
Child Resource Centre, HCM RIPA
(In Partnership with UNICEF, Rajasthan and Gayatri Seva Sansthan, Udaipur)

INTRODUCTION

Adolescence is a crucial period of growth marked by physical, emotional, and psychological changes. During this time, young people often face pressures related to body image, media influence, and societal expectations. In today's hyper-connected world, where beauty ideals are often unrealistic and appearance-based judgments are pervasive, many adolescents experience low self-esteem, body dissatisfaction, and anxiety related to how they look. These challenges can lead to bullying, social withdrawal, mental health issues, and even long-term impacts on self-worth and identity formation.

There is a pressing need to create safe, supportive spaces where adolescents can learn to value themselves beyond their physical appearance. This requires equipping facilitators with the knowledge and tools to engage adolescents meaningfully on issues of gender, body image, and self-esteem. Moreover, the rise of social media and its influence on young minds makes it essential to build adolescents' capacity for media literacy and critical thinking.

To address these challenges, UNICEF has developed a life skills course for adolescents aged 15+, focusing on self-esteem, body positivity, and resilience against body shaming. Using interactive tools like comics, videos, and digital content, the course helps adolescents build confidence and challenge harmful stereotypes.

This training is therefore essential to prepare facilitators who can confidently and sensitively deliver this curriculum across diverse adolescent-focused platforms. It also contributes to strengthening protective environments for adolescents by addressing issues that are often overlooked in conventional child protection programming.

Importantly, this training aligns with broader **child protection goals**. By empowering adolescents to develop self-respect, resilience, and body confidence, it helps reduce their vulnerability to peer pressure, bullying, self-harm, and exploitation, thereby enhancing their psychological and emotional safety. Promoting gender equity, emotional well-being, and self-worth is not just about improving individual lives; it is a key strategy in preventing abuse, neglect, and violence.

The **Child Resource Centre (CRC)** is committed to strengthening child rights and protection through capacity development of frontline workers and other stakeholders. As part of our mission, CRC in collaboration with UNICEF, is organizing this **one-day Training of Trainers** to build a cadre of facilitators who can take this vital conversation on body image, self-esteem, and gender into community, school, and out-of-school adolescent programs.

OBJECTIVES

- To build a shared understanding of self-esteem, body confidence, and media literacy among facilitators.
- To introduce facilitators to key tools and content, including comic books, videos, and eLearning modules.
- To enhance facilitation skills through hands-on practice using interactive and inclusive approaches.
- To explore effective strategies for delivering self-esteem and body image sessions in adolescent settings.
- To equip facilitators with confidence and clarity for integrating the curriculum into their programs.

CONTENTS

- Overview of Self-Esteem and Body Positivity Curriculum
- Key Concepts: Self-Esteem, Body Confidence, Objectification, Media Influence
- Exploration of Comic Books and Videos
- Use of Comic-based Video for Facilitating Body Image Discussions
- Integration of eLearning Modules through UReport and P2E
- Role-plays and Facilitation Practice Sessions
- Distribution of Comic Books, Videos and Facilitator Guidebook

TARGET AUDIENCE

This training is designed for facilitators who will be implementing the Self-Esteem and Body Positivity module with adolescents (15+), particularly in out-of-school settings such as RKSK platforms, adolescent clubs, youth clubs, etc. The group will include educators, NGO partners, youth workers, and government-supported adolescent program facilitators.

METHODOLOGY

The training will follow a participatory approach using icebreakers, group discussions, and interactive presentations. Facilitators will explore comic books and videos through small group activities, role-plays, and guided reflections. A live demo of the eLearning platforms will be provided, followed by peer-led practice sessions and feedback. It will also include Q&A, key takeaways, and distribution of facilitation materials.

TRAINING DATE, TIME AND VENUE

- **Date:** 20-21 April 2026 **Time:** 09:30 AM – 5:30 PM
- **Venue:** Training Hall, RTC, HCM RIPA, Udaipur

EXPECTED OUTCOMES

- Facilitators will gain a clear understanding of self-esteem, body confidence, and media literacy concepts.
- They will be familiar with the structure and use of comics, videos, and eLearning modules.
- Facilitators will develop practical skills for delivering sessions in inclusive and engaging ways.
- They will be equipped to adapt and apply the content in various adolescent-focused settings.
- Participants will leave with greater confidence and readiness to facilitate the curriculum independently.
