

# Headline: Face Equality Day (23<sup>rd</sup> May 2018)

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*“Be comfortable in your own skin, and your own personality.”*

Face Equality Day will be on the 23<sup>rd</sup> of May this year. It focuses on young children and what makes them unique. The group behind this, ‘Changing Faces’, is a charity which helps young people with visible differences to lead a normal life. Research shows that almost half of young people with visible differences are bullied about their appearance at school. The vast majority, nearly 90%, say their primary school did not succeed in stopping the bullying. Face Equality Day sets out to change this.

The campaign is focusing on children from the age of 11-17. They are creating self-portrait competition in the run up to this year’s face equality to celebrate what makes people unique.

There is a huge opportunity for change by reaching children when they are young. Changing Faces provide tools to build self-esteem and confidence. When Changing Faces teach and educate children, they can influence the future for generations to come. This is an important lesson for everybody, even those who may not have visible differences. We are all unique, and this should be celebrated!

New research will be launched on Face Equality Day that gives an insight to how young people feel about the way that they look, their experiences of bullying and what needs to be changed to make Face Equality Day very effective this year.

Self-esteem is crucial for young people. People want to feel like they fit in and do not want to get bullied for the way they look.

Confidence is also a quality that will grow overtime. We believe that you should listen to your inner voice and follow it for it is wisdom – it knows what is best for you! Changing Faces does this because they give workshops to build self-esteem and confidence and get to meet others that go through some of the same problems that you have gone through as well. And there are also workshops for parents on how you can help your child feel comfortable in their own skin.

*“Be Comfortable in your own skin, and your own personality.”*