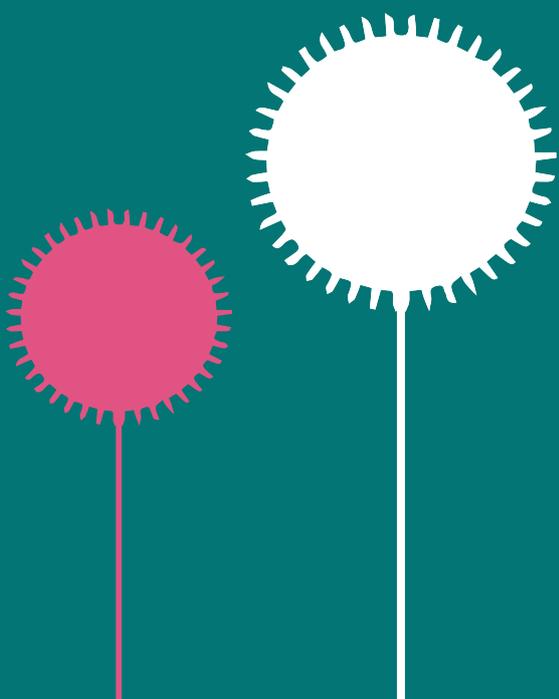


SAMPLE SHOW SELF - LOVE



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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 you 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?



SELF - LOVE

VALUES

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

INTIMACY/ SEX

EXPERIMENTATION
ABSTINENCE
HEALING
"COMING OUT"

HEALTH

HIV TESTING
CONTRACEPTION
GROOMING

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

Nigerian Proverb

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 *

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](#)



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

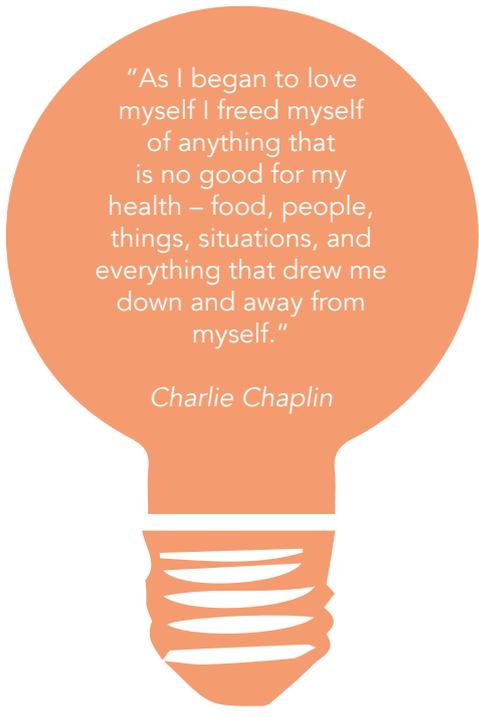
- ★ Acknowledging sexuality and experimenting with masturbation (sexual play with yourself), abstinence (choosing not to have sex) or sexual partners
- ★ Healing from sexual abuse, emotional abuse and body shame
- ★ The personal process of safely "coming out" or making your sexuality as lesbian, gay,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

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](#)



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

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



You must always introduce your show and radio formats. 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 knows, music) to glue it all together.



Now write your radio script

How to present your show

Use your produced radio formats, 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?
- ★ Looking back, what would you tell your younger self?

[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]..

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

[PRESENT WHO IS BEING INTERVIEWED]

[PLAY THE INTERVIEW]

[Outro:]

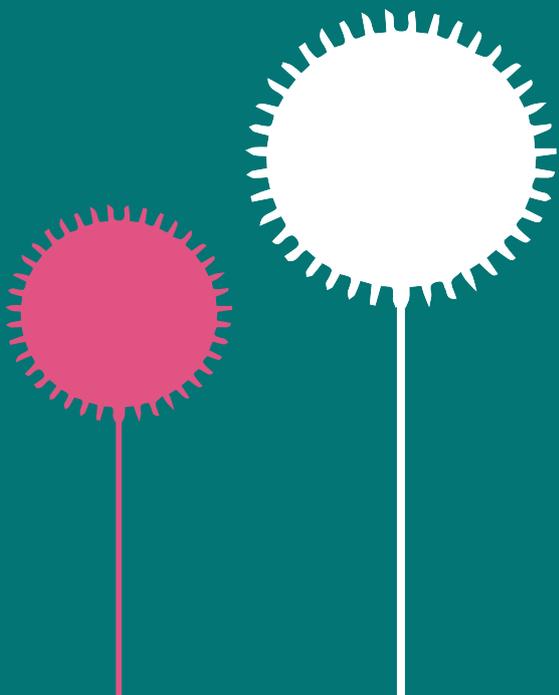
Host 1: Today, we've learnt so much about self-love! It's incredible to think about all the ways we can choose to honor ourselves. I know I'm worth it, are you?

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 formats, finalised your "show clock" it's time to go live on air!

Prepare to present your show



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