

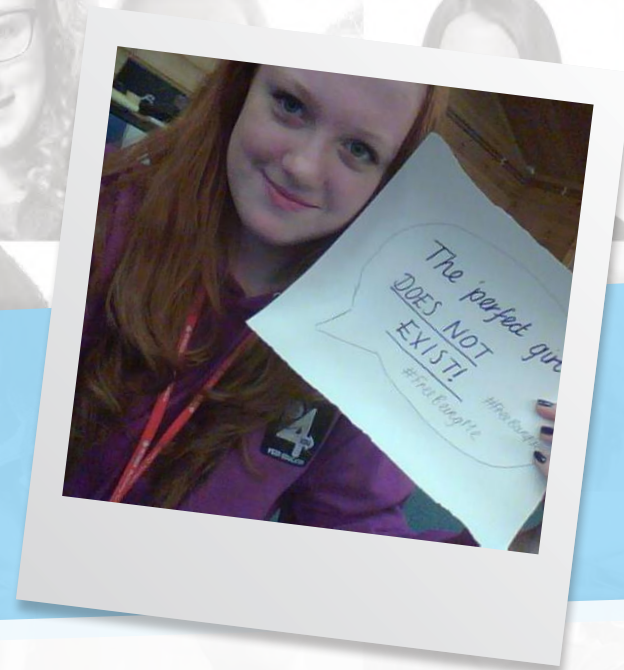
GEORGIA CARTMELL

Name: Georgia Cartmell

Age: 16

Where I Live: Birmingham

I'm always tweeting about positive body confidence to help more girls feel confident about themselves – I even get retweeted at the regional and national levels of Guides!



According to recent research by Girlguiding UK, girls are increasingly worried about how they look, and one in five primary school girls has dieted. I strongly believe that body confidence is one of the biggest challenges facing girls today, and I'm determined to do something about it. As a Guide, I've become a Peer Educator, delivering sessions to other girls on body confidence and self-esteem.

I've been able to give over 150 girls and young women the gift of body confidence, and inspire them to challenge the unrealistic and unhealthy images of women we so often see in the media. I've also trained other Guides to help deliver these sessions too, and I'm a Young Leader with Rainbows, where I try to be a good role model for girls aged 5-7.

My social action experiences have helped me build leadership skills and confidence, but above all I've learnt how to be resilient. Recently, I had to have a serious leg operation so I was in hospital a lot. But rather than let it get me down, instead I decided to plan monthly Guide evenings at the hospital. It definitely took my mind off my leg! Next, I'm looking forward to training even more girls to be Peer Educators, so that we can reach as many girls as possible.

Organisations I've Participated With

- Girlguiding UK



#iwill continue my work with Girlguiding, and I hope to work towards the highest award they have. I've also applied to be part of Girlguiding's youth policy panel.