



## Confidence Stories

### Lesson Plan 5

# MAY CAUSE CONFIDENCE

#### **Confidence Story 1**

“After another rubbish relationship end, I went with friends for pizza. In an amazing act of confidence I left my number on the bill for the really hot waiter. He ‘text’ me and we’re still together!”

*Sarah, Cardiff*

#### **Confidence Story 4**

“I left my purse on the bus, so knowing I had my recorder and no money to get home, I played a song. I was shocked to see people throwing money at me. I made enough for my journey home!”

*Kayley, Manchester*

#### **Confidence Story 7**

“My friend put my name down to pose nude for an art class. I was mortified but then I thought, why not?! At the end people said they would kill for my body, I felt great!”

*Alana, West Lothian*

#### **Confidence Story 2**

“At an 80’s fancy dress party. I found a large box and went as a brightly coloured Rubik’s cube. Everyone came to have a look and many people wanted a photo with me. It was a great night!”

*Martha, Dereham*

#### **Confidence Story 5**

“While on the beach in my bikini, a big gush of wind blew my shorts into the sea! Rather than chasing them I stylishly wrapped my towel around me as a sarong and confidently walked to my hotel!”

*Bev, Lincolnshire*

#### **Confidence Story 8**

“My friend asked me to play lead guitar for his band. I was so nervous I wasn’t as good as him but tried anyway. I did a solo, I kept a cool head and we were paid 300!”

*Lewis, Sunderland*

#### **Confidence Story 3**

“I saw a guy steal a mobile from an elderly man on the bus. I saw it, plucked up the courage to confront him, then everyone cheered as he ran off – it felt good to step up.”

*Amir, Streatham*

#### **Confidence Story 6**

“On a college trip to a London museum, I saw the best works of art weren’t on the walls! I told a group of girls who were sketching that my mate was a semi-pro body builder and I was a freelance model, did they want to do a few ‘life drawings’? We got their numbers!”

*Martin, Huntingdon*