

YOU-UNIQUE!

There is no one else like you on this entire planet. You are **UNIQUE!**

So - who are you? Fill in the mirror with pictures, words and other images that describe or represent who you are. No rules - just be yourself! Once you have filled in your mirror, reflect on your reflection by completing the survey below!

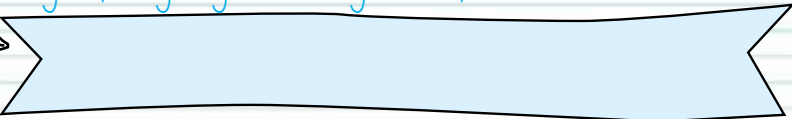
REFLECTION REFLECT SURVEY

1. As you look at your completed "reflection" on the opposite page, what do you think has influenced you to be the way you are?

- friends
- family
- TV
- movies
- books or magazines
- other _____



2. What word would a person who doesn't know you use to describe you if they only looked at your "reflection?"



3. Do you agree that this word describes you?

- YES
- NO
- SOMETIMES
- UNDECIDED

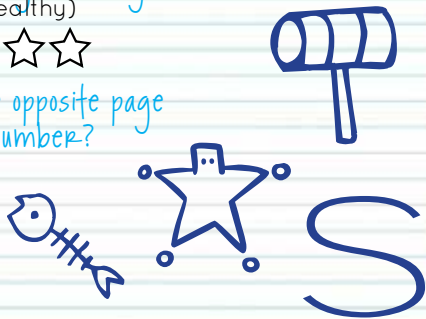


4. Give yourself a star rating by colouring in the stars (1 is unhealthy and 10 is very healthy)



5. Did your "reflection" on the opposite page help you to come up with this number?

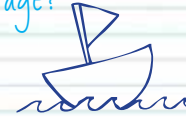
- YES
- NO
- UNDECIDED



6. How do you think you could improve this number? (Or, if you're a 10, how can you maintain this number?)

7. Looking over your "reflection" would you say that you are a lot like most people your age?

- YES
- NO
- UNDECIDED



8. What is the same about you and most of your friends? List your **SAME** and **UNIQUE** traits here!

SAME	UNIQUE



LONG LIVE KIDS

By developing a strong sense of who you are, you arm yourself with the tools to think independently and make healthy, informed decisions. Concerned Children's Advertisers is dedicated to helping you be media and life wise.

