



FEARLESS! How to be your true, confident self By LIAM HACKETT

HOME LEARNING RESOURCES

***Fearless!* is the go-to guide for being your best self from the founder and CEO of youth charity Ditch the Label**

In *Fearless!*, Liam Hackett aims to help young people be themselves, explaining how they can break free from labels and stereotypes to fear less and truly realise their full potential.

This resource includes exercises to inspire your own fearless approach to life.

Being Fearless and confronting worries!

1. Go through each of the fears that Liam discusses. Take the time to think about how you feel about them, and write down a solution for each one that you can refer back to.
2. Pick your favourite person - it can be a member of your family, a pop star, your best friend or even a character from a book. Write them a letter about all the things you like about them and why. Then, pretend to be someone you know and have them write a letter of all the things they like about YOU. Keep that letter and use it to remind yourself of your best qualities when you're feeling down.
3. What does 'fearless' mean to you? Discuss somebody you think is 'fearless'; it could be a friend, family member or celebrity. Create a mindmap of reasons they appear to be fearless.

Lessons from *Fearless*

1. What is a stereotype? Research this term and write a definition in your own words.
2. Liam says in the book: 'Psychologists say that our personalities change as we grow older' Compare your personality now to how you were when you were younger. How have you changed? Write a letter to yourself five years ago describing these changes.
3. Gender stereotypes are discussed throughout the book. Consider typical male and female stereotypes (e.g. male = strong, female = sensitive) and the people you know (or celebrities) who are defying gender stereotypes.
4. Let's talk about 'unconscious bias'. Liam writes about this in *Fearless*: 'unconscious bias is when our brains decide if we like or dislike somebody without us even being aware it's happening'. Think about your own unconscious bias habits. Can you name an example of a time you have made an instant judgement about someone? Was your judgement wrong?

Looking to the future

1. Write a worry list about everything that's making you anxious, but split it in two - those you can do something about, and those you can't. If there's nothing you can do, put the worry to one side for now, and write a plan for tackling all the things you CAN change. Get started, and tick off those fears.
2. Kindness is the best antidote to bullying, and makes everyone around you feel better. Write a manifesto for your school of 10 things students could sign up to to make the school a happier place for everyone.