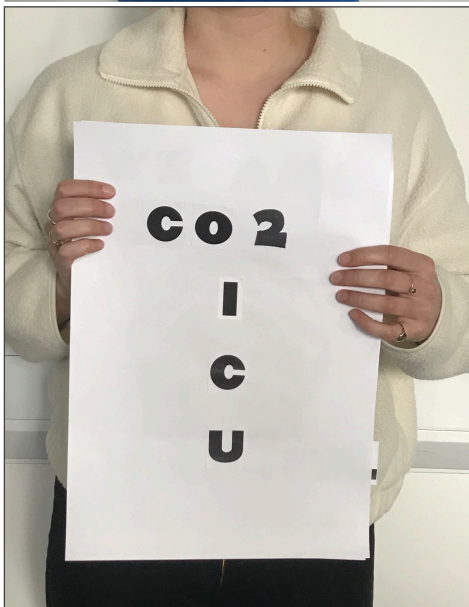
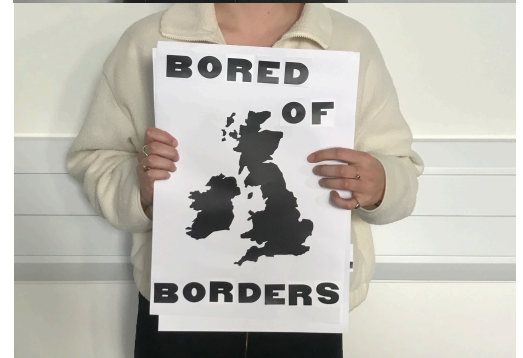
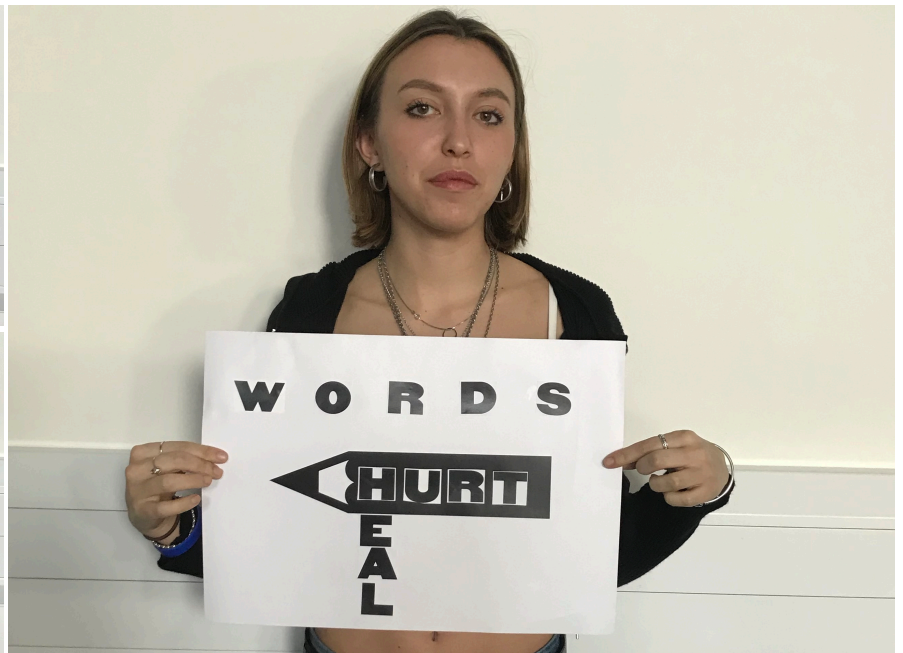
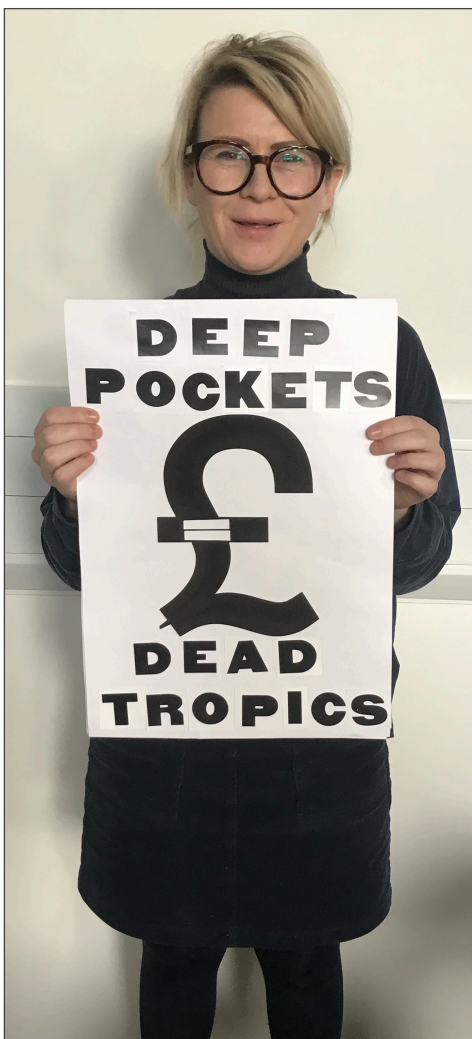


Slogan Stories



Creative Change Makers Workshop

- Take an A3 piece of paper
- Draw a line in the middle of the page
- Write 'Love' as a title for one side
- Make a list of things you love under this heading. They can be as simple or complex as you like. Jot them down quickly, you've only got three minutes!
- Now title the other side of the paper, 'Complain'
- Make a list of things you complain about. Again, jot them down quickly and without hesitating.
- Now looking at the entire sheet of paper, can you see any correlations? Can you see anything you love that would work well to solve a problem you constantly complain about?
- Match up the two lists
- Choose a short message from this piece of paper that you feel is powerful.
- Make a poster with this message using no more than 20 characters!



My Slogan: Words Hurt/Heal

Being an English literature student and an aspiring writer, words are the medium through which I best express myself. My slogan captures the duplicitous way in which language can heal us in the right hands, and harm us when used in a manipulative way.

The media can often feed us false narratives which end up skewing our perception of reality and messing with our heads. An example of this is the way in which Instagram has contributed to the privileging of body image above all the other features and personality traits that make up a person. With an accentuated emphasis on image, many young people struggle with self acceptance and mental health problems such as body dysmorphia, depression, anxiety and eating disorders are on the rise.

At the same time, however, my slogan offers some hope as it also reads, 'words heal'. Despite the way in which the media has propagated false narratives, we still have the power to reclaim words and use them as a weapon with which to create our own world. By doing something as simple as changing the words you use to describe yourself, you can transform the relationship you have to yourself and learn to practice self love and acceptance. Language is power, use it wisely.