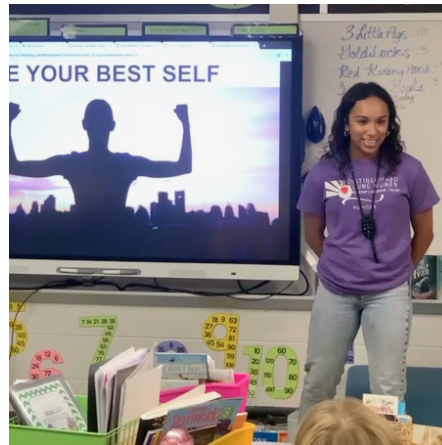


# be your best self

National BYBS Week  
April 21-25, 2025



## 2025 State Rep Handbook

an outreach program of





## Overview

In 1987, Distinguished Young Women developed and launched the Be Your Best Self (BYBS) program as the organization's national outreach aimed at encouraging boys and girls all over the country to lead successful and productive lives. Through the BYBS program, Distinguished Young Women seeks to give program participants at the local, state and national level a means to make a positive and lasting impact on the world around them.

## Five Elements of the BYBS Program

The five elements of the BYBS program are at the heart of the Distinguished Young Women philosophy, and the program helps to instill those values in others. Be healthy, be involved, be studious, be ambitious, and be responsible are the five elements that help define what it truly means to Be Your Best Self. In spreading the BYBS message to young people, we encourage them to choose to personally implement it into their own lives.

### **Be Healthy**

*Care for your physical and mental health*

### **Be Involved**

*Serve your community*

### **Be Studious**

*Stay in school and be a lifelong learner*

### **Be Ambitious**

*Set and achieve goals*

### **Be Responsible**

*Live by moral and ethical principles*



## National Be Your Best Self Week

**The 2025 National BYBS Week will take place April 21-25.** Distinguished Young Women participants across the country will give presentations to groups of boys and girls in their communities, sharing the BYBS program in fun and creative ways on any or all of the days during the week.

## Participant Role for National BYBS Week

As a participant in the Distinguished Young Women program, you play an important role in National BYBS Week. By reaching out to a group of children in your community and presenting the BYBS message, you are enriching the lives of young people, serving as a role model and enhancing community relationships. Presentations can be completed in-person or virtually!



## Tips for BYBS Presentations

While this handbook provides guidelines for your presentation, many participants have used this program as an avenue for creating programs and year-long activities in their communities. Think BIG and be creative! Listed below are some brief tips to help you in creating your BYBS presentation:

- **Consider your audience.** Determine the age range of the children to whom you will be presenting in order to develop an age-appropriate presentation.
- **Allow for interaction.** Children respond much better to an activity that engages them in learning as opposed to a traditional lecture type presentation.
- **Develop a game or other exciting activity** that allows the kids to get up and “play” while learning about the BYBS program.
- **Utilize the BYBS Pledge Card** that kids can keep as a reminder to be their best selves. Card is located at the end of this handbook (print front and back!).
- **Provide rewards and/or “treats.”** Children love being rewarded for answering a question correctly or for their participation. Plan to give out some sort of treat or an item that the children can keep.

## Planning and Preparing for a Successful National BYBS Week

### Step 1: Initial contact

Make initial contact to introduce the event to the group to which you would like to present. Determine who your point of contact will be and provide that person with general information about Distinguished Young Women and the BYBS program, if they are not already familiar. Make sure to ask about any rules or preferences that the group or organization may have concerning guest speakers and activities. It is strongly preferred that presentations be made to an audience of both boys and girls.

### Step 2: Confirm date and details

Find out which day(s) during National BYBS Week works best for you and the group(s) you have selected. Finalize the date and time and begin making any specific arrangements for the event. For your safety, an adult chaperone is required to attend the presentation with you.

### Step 3: Photo releases

Ask your contact person for permission to take photos during your presentation and provide them with the Photography Release Form found in this handbook to distribute to students. Discuss with your contact person that these photos will be shared on social media sites and utilized by Distinguished Young Women National Headquarters.

### Step 4: Prepare your presentation

In planning your presentation, think big and be creative! Remember that you will be entertaining children and you will need to keep their attention in order to spread the message of BYBS.

### Step 5: Celebrate National BYBS Week!

Post items (photos, links, status updates, etc.) on Facebook, Instagram, etc., announcing that it is National BYBS Week. Be sure to tag Distinguished Young Women (@distinguishedyw) in all of your posts and link back to our website whenever possible. Use the hashtags #BYBS2025 and #DYW in all of your posts. Utilize any other social media platforms to generate “buzz” about National BYBS Week.



## Documenting National BYBS Week

In order to showcase the positive impact of National BYBS Week and to increase awareness of Distinguished Young Women, it is important to capture both high-resolution photos and video footage of your presentation(s) during the week.

It is required that ALL children appearing in photos from your National BYBS presentation obtain consent from their parent or guardian for the photos to be used by Distinguished Young Women for publicity purposes. ONLY children whose parent or guardian has completed a Photography Release Form should be included in photographs of your presentation.

A Photography Release Form is provided for you on the last page of this handbook. You may make copies of this form and provide it to the contact person for the group to which you will be making the presentation. Each child who will attend your presentation should receive a release form to be completed by their parent or guardian and returned prior to your presentation. Releases should be collected and submitted to National Headquarters by mail or you may email them to [Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org) no later than May 15, 2025.

### Photos

We would like for you to capture a group photo with the children either holding their pledge cards or participating in any other activity you may have had for them. You should be in the group photo as well. You should also take a variety of shots such as candid shots of the kids interacting with you, individual shots of you and kids, etc.

**No more than 5 photos should be submitted to National Headquarters.**

### Submitting Photos to Distinguished Young Women

Submit your photos to Distinguished Young Women Headquarters no later than May 15, 2025. You may submit your materials in one of the following ways:

Send files as attachments in an email:

[Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org)

Send files by creating a folder through a file transfer service and sharing access with [Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org) (recommended for large files):

[Drive.Google.com](https://drive.google.com)

[Dropbox.com](https://dropbox.com)



## **Be Your Best Self Satellite Award**

Distinguished Young Women will award two \$1,250 scholarships for the Be Your Best Self Award at National Finals in June 2025. Participation in National BYBS Week along with submission of the required materials for the BYBS Satellite Award is a requirement of your role as the Distinguished Young Woman of your state.

### **You must fulfill ALL of the requirements listed below to be considered for the Be Your Best Self Satellite Award.**

- Complete a BYBS presentation(s) either in-person or virtually with a group of children during National BYBS Week (April 21-25). It is strongly preferred that presentations be made to an audience of both boys and girls.
- Write a two-page report describing your BYBS presentation and experience. The report should be in essay format. A participant's submission may not exceed two pages, and photos should NOT be included directly in the report. The report is not limited to the National BYBS Week presentation(s) and should include any and all BYBS activities, presentations or projects in which the participant has been involved.
- Submit your best five photos from your presentations as separate attachments -NOT in the body of your essay document- via email, Google Drive, or Dropbox.
- Submit all required materials no later than May 15, 2025, to [Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org)
  - Two-page report
  - Five photos
  - Completed National BYBS Week Presentation Evaluation Form

## **Important Dates to Remember**

### **April 21-25, 2025**

National Be Your Best Self Week. Celebrate and talk about the BYBS program on social media sites.

### **May 15, 2025**

Deadline to submit your two-page essay, photos, and evaluation form to [Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org).

## **Have Questions? Contact us!**

Please do not hesitate to contact us with any questions you may have about the Be Your Best Self program or National Be Your Best Self Week.

Valerie Mothershed  
Operations Director  
Office: 251-438-3621  
[Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org)



### National BYBS Week Presentation Evaluation Form

Participant Name: \_\_\_\_\_

Program Name & Year: \_\_\_\_\_

High School: \_\_\_\_\_

Expected Year of Graduation: \_\_\_\_\_

Presentation Location (elementary school, Boys & Girls Club, YMCA, etc.):

\_\_\_\_\_

Presentation Location Address: \_\_\_\_\_

\_\_\_\_\_

Date & time of presentation: \_\_\_\_\_

Summarize the presentation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many participants attended the presentation: \_\_\_\_\_

# of boys: \_\_\_\_\_ # of girls: \_\_\_\_\_ Age range: \_\_\_\_\_

Ethnicities represented (please circle):

- |                          |  |       |
|--------------------------|--|-------|
| Hispanic/Latino American | Indian/Alaska Native                   | Asian |
| Black/African American   | Native Hawaiian/Other Pacific Islander | White |

Please list any TV stations, newspapers or other media outlets in your area: (this will help us ensure your local media is notified of your presentation if a press release is sent)

\_\_\_\_\_

\_\_\_\_\_

Note: Participants may make presentations to multiple groups.

**Please complete a separate form for each presentation.**

\*Please return this form via mail, email, or fax no later than May 15, 2025.

Distinguished Young Women  
75 I Government Street, Mobile AL 36602  
Email: (participants) [BYBS@DistinguishedYW.org](mailto:BYBS@DistinguishedYW.org)  
or (state reps) [Valerie@DistinguishedYW.org](mailto:Valerie@DistinguishedYW.org)



### Photography Release for Minor Child or Children

I hereby authorize Distinguished Young Women, hereafter referred to as “DYW,” to publish photographs taken during National Be Your Best Self Week, April 21-25, 2025, of myself and/or the minor child or children listed below, and our names and likenesses, for use in the DYW print, online and video-based marketing materials, as well as other DYW publications.

I hereby release and hold harmless DYW from any reasonable expectation of privacy or confidentiality for myself and for the minor child and children listed below associated with the images specified above. Further, I attest that I am the parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize DYW to use their likenesses and names.

I further acknowledge that participation is voluntary and that neither I, the minor child, or minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in Organization marketing materials or other Organization publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release DYW, its contractors, its employees and any third parties involved in the creation or publication of Organization publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Authorization:

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Relationship to Children: \_\_\_\_\_

Names and Ages of Minor Children:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_



## The Five Be's - Definitions & Examples

To make your presentations relatable and easy to comprehend, switch up your examples depending on the age of the kids you're speaking with!



### Be healthy.

Care for your physical and mental health

*Examples: move your body / talk about how you're feeling / get plenty of sleep*

### Be involved.

Serve your community

*Examples: join clubs and organizations / be a good teammate / volunteer in your neighborhood*



### Be studious.

Stay in school and be a lifelong learner

*Examples: complete assignments on-time / explore museums / join a study group*

### Be ambitious.

Set and achieve goals

*Examples: try out new hobbies / set long-term and short-term goals / dream big*



### Be responsible.

Live by moral and ethical principles

*Examples: hold yourself accountable / recycle / be a good friend*



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**I can be my best self by:**

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\_\_\_\_\_

Be involved

\_\_\_\_\_

Be studious

\_\_\_\_\_

Be ambitious

\_\_\_\_\_

Be responsible

\_\_\_\_\_

*I, \_\_\_\_\_, pledge to be my best self by implementing each of the elements of the Be Your Best Self Program into my own life.*

\_\_\_\_\_ (sign here)

\_\_\_\_\_ (date here)

**I can be my best self by:**

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