



*you are not ugly*  
-FOUNDATION-

@youarenotuglyfoundation

# THE WHO

This non-profit organization aims to empower people of all ages, sexual identities, races, cultural backgrounds etc. Insecurities and negative labels impact everyone in various different settings, so this organization aims to create a safe space for all groups of people to turn to when seeking support, empowerment, and inspiration.



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# THE WHAT

This organization aims to empower individuals to overcome their negative labels and raise awareness for the insecurities we all face. Anyone can view and contribute to the online platform @youarenotuglyfoundation. There is so much strength in vulnerability. By bravely sharing our experiences, we normalize having some insecurities, allowing for others to feel less alone. We are also able to inspire one another to rise above the negativity we have been given.

**"OVERCONFIDENT"**



**"NOT GOOD ENOUGH"**



**"UNCONFIDENT"**



**"BORING"**



**"LAZY"**



**"TOO YOUNG"**



**"LOUD AND OBNOXIOUS"**



**"UNWORTHY"**



**"THE AWKWARD ONE"**



**"B\*TCH"**



**"INSECURE"**



**"BUMPY MONSTER"**



**"TOO LOUD"**



**"UGLY"**



**"JUST A HOCKEY GUY"**



**"LOUD"**



**"WEAK"**



**"UNLOVABLE"**



**"MOTORMOUTH"**



**"UNWORTHY"**



**"UGLY FREAK"**



**"THE DUFF"**



**"NOT GOOD ENOUGH"**



**"COMPLAINER"**





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# THE WHERE

This organization is run completely online, meaning it is accessible to anyone and everyone. The platform page can be visited worldwide. Contributions can also be submitted from anywhere across the world.



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# THE WHEN

The official launch date of the organization was July 31, 2021. Within the first three weeks, we already received over thirty submissions which have been shared to our Instagram page.



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# THE WHY

Last year, I released my poetry book ‘you are not ugly’, inspired by my personal experiences growing up. My book is dedicated to anyone who has ever questioned their worth. I have been called ugly more times than I can remember, in addition to being labelled with many other hurtful words. Unfortunately, I have heard others be called even worse. My book was written to raise awareness about the damage that can be caused by thoughtless behaviours such as insulting appearances, weight-shaming, condescending behaviour, and making racist or homophobic comments.

Since releasing my book last year, tons of readers have reached out to me to share their own amazing stories. Readers have also shared that they often felt alone in their struggles with confidence. This is what inspired me to create a platform where everyone can contribute to and inspire one another with their personal experiences



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# THE HOW

Anyone can participate and contribute their story by visiting the Instagram platform @youarenotuglyfoundation and completing the short questionnaire in the bio. If you would like to participate, but do not have an Instagram account, you can also find the link under ‘The Foundation’ tab on Kaushal’s website [saniyakaushal.com](http://saniyakaushal.com). Please help raise awareness by completing the link to share your story. To launch, anyone who submits their story, will also be entered to win 1 of 75 self-care packages. The organization welcomes stories from all ages, sexual identities, cultural backgrounds, etc.



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# THE FUTURE

Currently, my organization is self-funded, restricting the number of ideas I am able to bring to life. However, with generous donations, these are some future ideas that I am very excited about:

- organizing workshops for youth around the subjects of self-esteem, mental health, and the weight our words carry
- organizing programs targeted specifically to students in middle school (I believe this is a crucial age that shapes our self-image for many years growing up)
- collaborating with local organizations to host events in our own community to promote empowerment and kindness towards one another
- organizing a program specifically dedicated to destigmatizing mental health and self-esteem struggles in men, so they feel more comfortable opening up and seeking support without the fear of appearing “weak”
- developing a social enterprise where individuals who are struggling with their self-esteem can gain confidence by exercising a talent/skill of theirs

Anyone interested in donating to the organization may do so by contacting me directly at [inquiries@saniyakaushal.com](mailto:inquiries@saniyakaushal.com). I would be so appreciative of any amount of support!