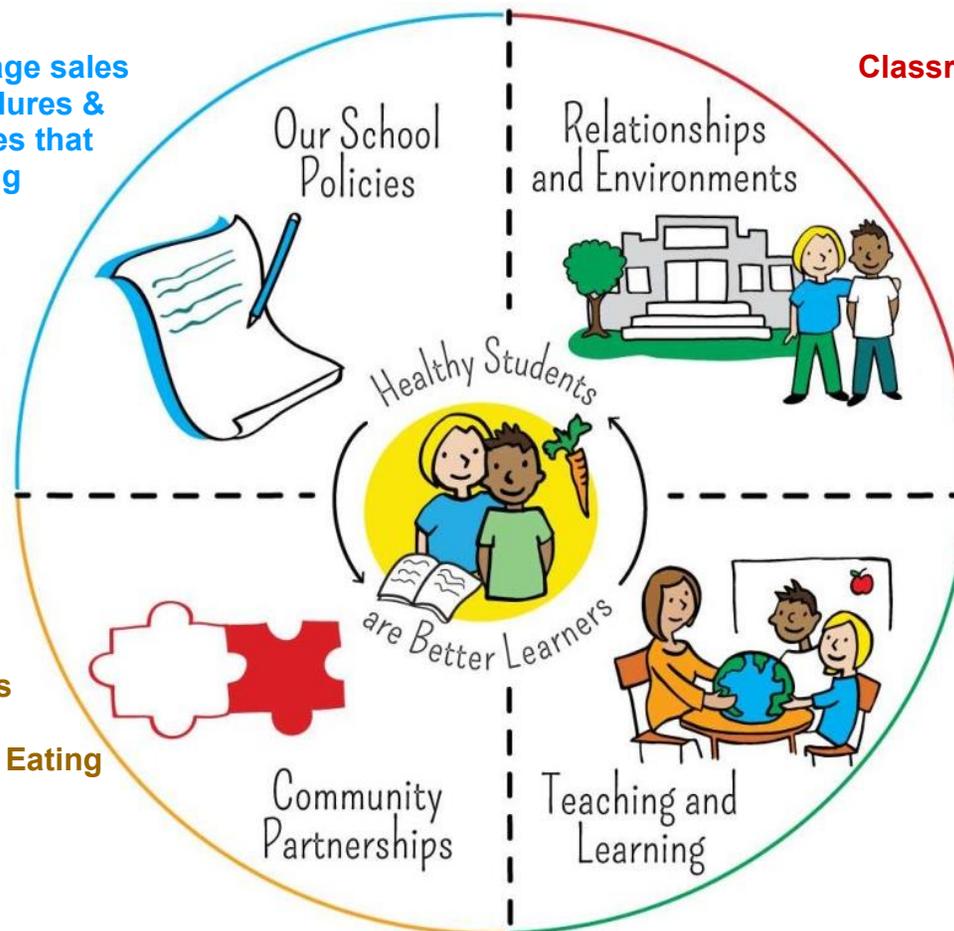


Promoting Positive Body Image Through Comprehensive School Health (CSH)

CSH is a whole-school approach that addresses school health. The four pillars are:

Guidelines for food & beverage sales
Health administrative procedures & policies. Anti-bullying policies that include weight based bullying

Public health
Youth workers
Jessie's Legacy
Parents and families
Community service providers
Education Committee
for Prevention of Disordered Eating



Classroom atmosphere free of weight discrimination and celebrate diverse body types
Healthy choices available to students and staff
Social environments promote emotional wellbeing

Mental health literacy
Critical thinking skills
Self-Regulation curriculum
Focus on health not weight
Mind-body connection (Mind Up)
Physical and health education
Healthy relationships, positive body image and self-esteem

Image source: Healthy Schools BC, 2013

GOALS: Improved health and education outcomes for all students;
 a more cooperative and connected school.

Promoting Positive Body Image and Preventing Disordered Eating

TEACHING TOOLS FOR EDUCATORS

Beyond Images (Grades 4-8)	www.beyondimages.ca
Understanding Eating Disorders in BC Schools (All ages)	https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf
Kathy Kater's "Healthy Bodies" curriculum (book) (Grades 4-7)	http://bodyimagehealth.org/ <u>Healthy Bodies; Teaching Kids What They Need to Know</u> A Comprehensive Curriculum to Address Body Image, Eating, Fitness, and Weight Concerns in Today's Challenging Environment
Healthy Attitudes, Healthy Bodies, Healthy Schools (All ages)	A free teachers' workshop: https://bcdairy.ca/nutritioneducation/workshops/healthy-attitudes-healthy-bodies-healthy-schools
Being Me (Grades K-9)	Lessons and activities to teach children about positive body image and self-esteem: https://healthyschoolsbc.ca/program/242/being-me-promoting-positive-body-image

RESOURCES AND INFORMATION

Youth mental health	http://keltymentalhealth.ca/ http://anxietybc.ca and https://foundrybc.ca/resource/body-image-eating/
Jessie's Legacy Provincial Eating Disorders Prevention Program	A program of Family Services of the North Shore that provides eating disorders prevention, education, resources, and community and school presentations: http://jessieslegacy.com/
National Eating Disorder Information Centre (NEDIC)	http://www.nedic.ca
Yale Rudd Center for Food Policy and Obesity	Resources for educators that define weight discrimination, its impacts, and how to prevent and reduce it in the school setting: http://www.yaleruddcenter.org/what_we_do.aspx?id=200

ONLINE VIDEOS

Dove Beauty Evolution (Grades 4 and up)	A time-lapse depicting what happens behind the scenes in the beauty industry (Dove Self-Esteem Fund): http://www.youtube.com/watch?v=omBfg3UwkYM
Media Proof Kid (Grades 4-7)	A two-minute video by student Indigo Ward for her 7th grade media project. https://www.youtube.com/watch?v=0jQvoe0cTE4
Poodle Science (Grades 7 and up)	An animated video discussing the limitations of current research on health and weight: https://www.youtube.com/watch?v=H89QQfXtc-k&t=11s
50 people 1 Question (All ages)	Asking 50 people from diverse backgrounds what they would change about themselves: https://www.youtube.com/watch?v=f0tEcxLDDd4

Note: The resources on this list have been used by educators and health practitioners in the promotion of positive body image and healthy attitudes and behaviours.