

Body Image & Eating Disorders

Manuals and Curriculum Resources

Preschool – Grade 8

- **The Body Image Module of Teach Nutrition** (Dairy Farmers of Ontario). On-line resources on nutrition created by Registered Dietitians for Ontario teachers. The Body Image module addresses respect, positive body image, factors that influence body shape and size and dealing with teasing. The program includes background information and student activities. Available online at www.teachnutrition.org. No charge.

Grades 1-8

- **Reflections of me: The ETFO Body Image Project** (Elementary Teacher's Federation of Ontario). A comprehensive educational project for students in grades 1 – 8 to address the complex issue of body image. The kit includes curriculum resources for each grade, a video, resource materials, research information, and pamphlets for parents. Order from the Elementary Teachers' Federation of Ontario at (416) 962-3836 or www.etfo.ca. \$200.00 for Grade 1-6 Kit; \$200.00 for Grade 7-8 Kit.

Grades 4-6

- **The Student Body: Promoting Health at Any Size** (The Hospital for Sick Kids). A teacher-facilitated on-line curriculum designed to help promote positive body image and healthy eating. Topics address media and peer pressure, healthy eating, active living, teasing, adult role models and school climate. The program includes lesson plans, classroom activities, student handouts and supplemental resources. Available online at www.aboutkidshealth.ca/thestudentbody. No charge.

Grades 6-10

- **Every BODY is a Somebody** (Body Image Coalition of Peel). An active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle. It includes facilitator's guide, activities and worksheets. Order from Body Image Coalition of Peel, (905)791-7800 ext. 2063 or www.bodyimagecoalition.org. Cost \$29.00.

Grades 6-12

- **What is Normal?** (Oregon Dairy Council). This colorful new poster and lessons stress that "normal" isn't what you see on TV, in movies or magazines. Lessons include evaluating food choices, physical activity and media's impact on self-esteem and body image. Help teens problem-solve to understand personal hunger cues, find fun physical activities, and focus on their own and friend's positive traits. Teens can try out new ideas and habits to turn choices into healthy habits. Order from Oregon Dairy Council at www.oregondairycouncil.org. Cost \$5.00.

Grades 7 & 8

- **The Vibrant Faces Program** (OPHEA). This program is designed to promote a healthy and active lifestyle to adolescent females in Grades 7 and 8. The program addresses issues such as perceived incompetence, self-esteem, body image, puberty and motivation. It is available in English and French. It contains a Teacher/Leaders Event Guide, Student Guidebooks, and free product samples. Order from Vibrant Faces Program, 20 Torbay

Road, Markham, Ontario, L3R 1G6, Fax: 1-800-420-3616, Email:
alwayschanging_vibrantfaces@ptm-health.com. No charge.

Grade 10

- **Food and Nutrition Grade 10: Social Challenges** (YRHS). A curriculum-matched resource to help students analyze the concept of body image and its relationship to eating disorders, body altering substance use and making informed food decisions in stressful situations. Call York Region *Health Connection* at 1-800-361-5653 to order. No charge.

Dove Real Beauty School Program (Dove Self-esteem Fund). The Dove Real Beauty School Program is available as a booklet designed for educators to help youth understand and deal with feelings about their physical appearance while learning how 'ideal' images of beauty are created. Delivered as an in-class workshop, the materials include facilitation notes, surprising facts, activity cards and a DVD filmed by a top fashion photographer. Order from Dove Self-esteem Fund at 1-800-761-3683 or <http://www.campaignforrealbeauty.ca/dsef07/t4.aspx?id=8574>. No charge, shipping and handling extra.

The Vitality Approach: A Guide for Leaders (Health Canada). Program promotes eating well, being active and feeling good about yourself. Excellent source of Canadian information and statistics. Facilitator's guide, participant activities and work sheets. Order from Health Canada, Publications at (613) 957-2991 or 1-866-225-0709 or download from Health Canada website at www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/vitalit/vitality_approach-proche_vitalite_e.html. No charge.

Steroids and Body Image (Canadian Centre for Ethics in Sports). Teacher resource *Steroids and Body Image Kit* was developed by the Steroids and Body Image Project to address the issue of body image and use of steroids in sports, especially among young men. It includes one Body Image brochure, one Using Steroids? brochure, two Rage Against Roids posters and two Steroids Make You Smaller posters. Order from Canadian Centre for Ethics in Sports, www.cces.ca. Cost \$4.00.

Audiovisual Resources

Grade 1-3

- **Body Talk 3: My Special Body** (The Body Positive, 2004). Teaches children that health can come at any size, to eat when they are hungry and stop when they are full, and to move because it feels good. Children of diverse backgrounds, shapes and sizes talk about the negative impact of being teased because of how they look, solutions for coping with those situations, the benefits of eating healthy foods, and why exercise is fun. Facilitator's Guide included. 20 minutes. Distributed by Gurze Books, 1-800-756-7533.

Grade 3-8

- **Body Talk 2: It's a New Language** (The Body Positive, 2001). Focuses on body acceptance issues for both girls and boys, ages 8-13. Children of diverse backgrounds and sizes talk about puberty, teasing, trying to fit in, and the pressure to look a certain way. 17 minutes. Distributed by Gurze Books, 1-800-756-7533.

Grades 4 and up

- **Behind Closed Doors** (2000). This segment of the Behind Closed Doors T.V. series with Joan Lunden, focuses on the tricks of the trade used by photographers and photo stylists to make models look "flawless". Shows what goes into creating the perfect magazine

cover. 8 minutes. Available in the YRDSB resource library or order from Remuda Ranch Foundation at 1-800-445-1900 Ext. 4501.

Grades 6 and up

- **Body Talk: Teens Talk About Their Bodies, Eating Disorders, and Activism** (The Body Positive, 1999). Youth from diverse backgrounds and sizes talk about the messages they receive from media, family and peers about their bodies and eating patterns. Prevention-focused. Recommended for middle and high school. 28minutes. Distributed by Gurze Books, 1-800-756-7533.
- **Reviving Ophelia** (1998). Mary Pipher discusses challenges facing today's teenagers, especially girls, as well as the role of media and popular culture in shaping their identities. Recommended for youth, parents and professionals. Distributed by Kinetic Inc., Toronto, 416-538-6613 or 1-800-263-6910.

Pamphlets and Posters

- Nutrition Matters: Are You Body Wise?
- Nutrition Matters: Helping Teens Develop a Positive Body Image
- Nutrition Matters: Body Weight and Health...What is the Link?
- Parent Health Connection: Helping Children Develop a Positive Body Image

Fact sheets

- Strategies for youth and adults that promote positive body image and self-esteem. Call York Region *Health Connection* at 1-800-361-565 to order. No charge.

Displays

- **Healthy Body Image Banner** (York Region Community & Health Services). Call York Region *Health Connection* at 1-800-361-5653 to borrow. No charge.

Websites & Relevant Organizations

Body Sense

www.bodysense.ca

BodySense is a web-based education and outreach program dedicated to the promotion of positive body image in sport environments to proactively prevent disordered eating. BodySense provides body image information for athletes, coaches/officials and parents.

Campaign for Real Beauty

www.campaignforrealbeauty.ca/dsef

Encouraging girls and young women everywhere to embrace a positive body image. Resources available for parents and educators.

Concerned Children's Advertisers (CCA)

www.cca-kids.ca

CCA develops and produces comprehensive educational programs addressing issues such as media literacy, healthy lifestyle, self-esteem, bullying prevention, substance use and injury prevention. The website includes clips of their public service announcements and comprehensive educational programs for children in Kindergarten to grade eight. Lesson plans downloadable free of charge, and additional resources available through the CCA office

The Media Awareness Network

www.media-awareness.ca

Media education exploring image manipulation, gender stereotyping and image gap using the Dove Campaign for Real Beauty and the Kellogg's Special K ads. Includes lesson plans and classroom activities.

University of Calgary <http://www.ucalgary.ca/~egallery/volume2/small.html>

Comprehensive review of the influences on body image, self-esteem, disordered eating and self-mutilation.

Media Education Foundation www.mediaed.org

Devoted to research and production of resources to aid educators in fostering analytical media literacy.

National Eating Disorders Information Centre (NEDIC) www.nedic.ca

Canadian organization providing information and resources on eating disorders and weight preoccupation.

For more information, call York Region *Health Connection*
at 1-800-361-5653 or visit www.york.ca/healthyschools.