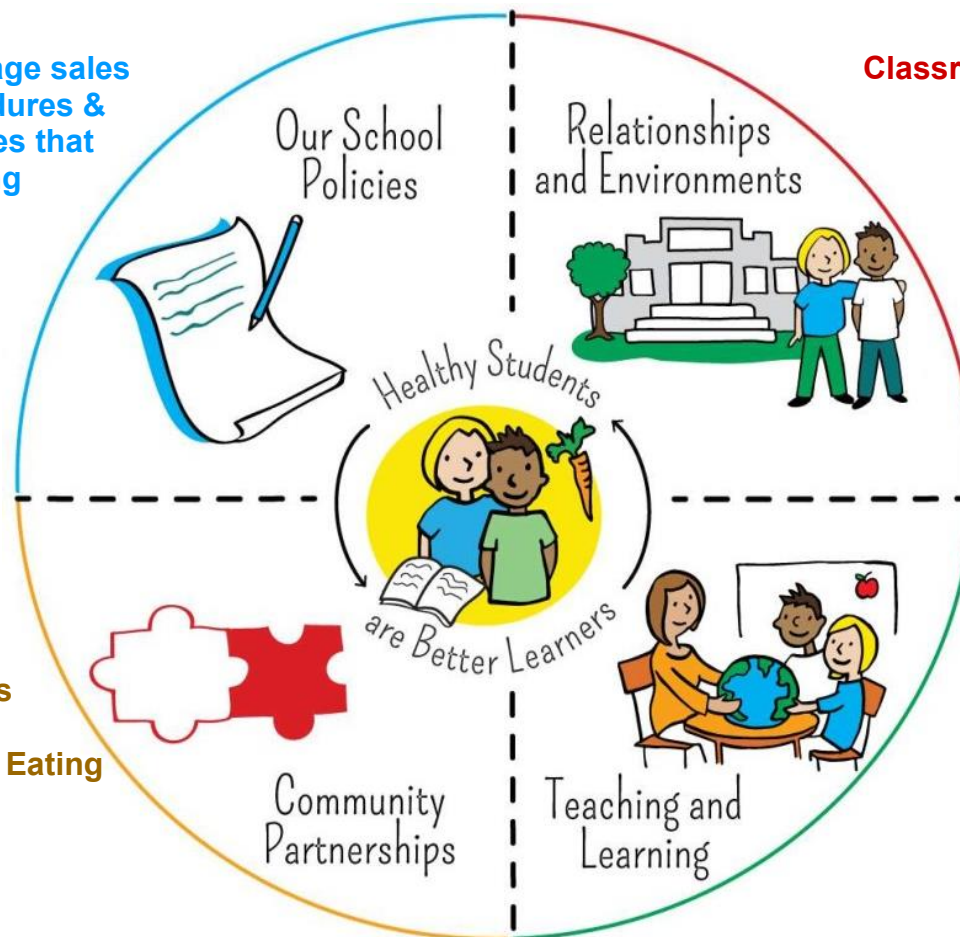


## Promoting Positive Body Image Through Comprehensive School Health (CSH)

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)	<a href="http://www.beyondimages.ca">www.beyondimages.ca</a>
Understanding Eating Disorders in BC Schools (All ages)	<a href="https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf">https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf</a>
Kathy Kater's "Healthy Bodies" curriculum (book) (Grades 4-7)	<a href="http://bodyimagehealth.org/">http://bodyimagehealth.org/</a> Healthy Bodies; Teaching Kids What They Need to Know 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: <a href="https://bcdairy.ca/nutritioneducation/workshops/healthy-attitudes-healthy-bodies-healthy-schools">https://bcdairy.ca/nutritioneducation/workshops/healthy-attitudes-healthy-bodies-healthy-schools</a>
Being Me (Grades K-9)	Lessons and activities to teach children about positive body image and self-esteem: <a href="https://healthyschoolsbc.ca/program/242/being-me-promoting-positive-body-image">https://healthyschoolsbc.ca/program/242/being-me-promoting-positive-body-image</a>

### RESOURCES AND INFORMATION

Youth mental health	<a href="http://keltymentalhealth.ca/">http://keltymentalhealth.ca/</a> <a href="http://anxietybc.ca">http://anxietybc.ca</a> and <a href="https://foundrybc.ca/resource/body-image-eating/">https://foundrybc.ca/resource/body-image-eating/</a>
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: <a href="http://jessieslegacy.com/">http://jessieslegacy.com/</a>
National Eating Disorder Information Centre (NEDIC)	<a href="http://www.nedic.ca">http://www.nedic.ca</a>
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: <a href="http://www.yaleruddcenter.org/what_we_do.aspx?id=200">http://www.yaleruddcenter.org/what_we_do.aspx?id=200</a>

### 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): <a href="http://www.youtube.com/watch?v=omBfg3UwkYM">http://www.youtube.com/watch?v=omBfg3UwkYM</a>
Media Proof Kid (Grades 4-7)	A two-minute video by student Indigo Ward for her 7th grade media project. <a href="https://www.youtube.com/watch?v=0jQvoe0cTE4">https://www.youtube.com/watch?v=0jQvoe0cTE4</a>
Poodle Science (Grades 7 and up)	An animated video discussing the limitations of current research on health and weight: <a href="https://www.youtube.com/watch?v=H89QQfXtc-k&amp;t=11s">https://www.youtube.com/watch?v=H89QQfXtc-k&amp;t=11s</a>
50 people 1 Question (All ages)	Asking 50 people from diverse backgrounds what they would change about themselves: <a href="https://www.youtube.com/watch?v=f0tEcxDd4">https://www.youtube.com/watch?v=f0tEcxDd4</a>

*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.