

Outline

Session 1 - Cultivating Body Positive Environments

- What is “Body Positive?”
- What do we understand about the food & body-related issues facing children & adolescents today (reflection on research)?
- What helps, what doesn’t help children & adolescents feel comfortable and confident in the body they have?
- How can we explore relationships with food and eating and relationships with the body in ways that support students to be Body Positive?
- How can we cultivate environments where all students are supported to feel comfortable and confident in the body they have?

Session 2 - Body Positive in the Classroom and School

- Reflection on last session (facilitated discussion)
- How can you as an educator/teacher/staff member provide an environment where students are supported in your teaching space?
- Developing a Body Positive School Statement (see attached as guideline)

At the end of these sessions, the staff will:

- Understand what is meant by “Body Positive” in idea, word and action
- Understand their role in cultivating a body positive space for the students in their care
- Be able to identify key issues that may contribute to either positive or negative body image, and take action if/when necessary to assist a student/family
- Actively take part in developing a Body Positive Statement for their class, year level and school
- Be committed to the VCASS Body Positive Statement in word and action

Time - 2 x 1.5 hr sessions with teachers & staff from all year levels

Location - onsite