

## RESOURCES TO SUPPORT HEALTHY BODY IMAGE LEARNING IN THE CLASSROOM

Online Resource & Web Link	Author, Origin	Grade Level	Description
<b>Beyond Images</b> <a href="http://www.beyondimages.ca">www.beyondimages.ca</a>	<b>National Eating Disorder Information Centre</b> (Canada, 2016)	Grades 4-8	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plans explore key issues around body image and self-esteem as well as media messaging and critical thinking skills. Includes tools to address messages on social media</li> <li>» Five lesson plans per grade</li> </ul>
<b>Healthy Bodies: Teaching Kids What They Need to Know</b> <a href="http://bodyimagehealth.org/healthy-bodies-curriculum">http://bodyimagehealth.org/healthy-bodies-curriculum</a>	<b>Kathy Kater</b> (USA, updated 2012)	Grades 4-6	<ul style="list-style-type: none"> <li>» <b>For purchase</b> lesson plans for teaching about body image, eating, fitness and weight concerns</li> <li>» Focuses on food/nutrition more than body image although does cover both</li> </ul>
<b>The Student Body: Promoting Health At Every Size</b> <a href="http://thestudentbody.aboutkidshealth.ca">http://thestudentbody.aboutkidshealth.ca</a>	<b>Gail McVey et al., Hospital for Sick Children</b> (Ontario)	Grades 4-6	<ul style="list-style-type: none"> <li>» <b>Free</b> Teacher Training Modules About Media and Peer Pressure, Healthy Eating, Active Living, Teasing, Adult Role Models, School Climate</li> <li>» Multiple sessions</li> <li>» Content is directly linked to Ontario and Nova Scotia learning outcomes</li> </ul>
<b>Dove School Workshops for Body Confidence</b> <a href="http://selfesteem.dove.ca/en/Teaching_resources.aspx">http://selfesteem.dove.ca/en/Teaching_resources.aspx</a>	<b>Dove Self Esteem Program</b> (International)	Grades 5-9	<ul style="list-style-type: none"> <li>» <b>Free</b> PowerPoint and worksheets for teachers to help students build body confidence by dealing with feelings about physical appearance; some media critique including social media component</li> <li>» Several options from single lesson plan to more comprehensive sessions</li> </ul>

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<b>Reflections of Me: The ETFO Body Image Project</b> <a href="http://www.etfo.ca/supportingmembers/resources/pages/bodyimageproject.aspx">http://www.etfo.ca/supportingmembers/resources/pages/bodyimageproject.aspx</a>	<b>Elementary Teacher's Foundation of Ontario</b> (Ontario, 2001 launch but continually updated)	Grades 1-8	<ul style="list-style-type: none"> <li>» <b>For purchase</b> comprehensive curriculum. Linked to Ontario learning outcomes</li> </ul>
<b>Gender Stereotypes and Body Image</b> <a href="http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Gender_Stereotypes_Body_Image.pdf">http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Gender_Stereotypes_Body_Image.pdf</a>	<b>Media Smarts</b> (Canada, 2012)	Grades 6-7	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plan teaches about the risks of gender stereotyping and the media's role in perpetuating gender stereotypes</li> <li>» Single lesson plan</li> </ul>
<b>Exposing Gender Stereotypes</b> <a href="http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Exposing_Gender_Stereotypes.pdf">http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Exposing_Gender_Stereotypes.pdf</a>	<b>Media Smarts</b> (Canada, 2012)	Grades 8-9	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plan helps students to develop their own critical intelligence with regard to culturally inherited stereotypes, and to the images presented in the media - film and television, rock music, newspapers and magazines</li> <li>» Single lesson plan</li> </ul>
<b>Avatars and Body Image</b> <a href="http://mediasmarts.ca/sites/mediasmarts/files/lesson-plans/lesson_avatars_body_image.pdf">http://mediasmarts.ca/sites/mediasmarts/files/lesson-plans/lesson_avatars_body_image.pdf</a>	<b>Media Smarts</b> (Canada, 2012)	Grades 4-6	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plan that helps students explore representations of gender and body image in avatars, games and virtual worlds</li> <li>» Single lesson plan</li> </ul>



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<b>Mirror Image</b> <a href="http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Mirror_Image.pdf">http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Mirror_Image.pdf</a>	<b>Media Smarts</b> (Canada, 2012)	Grades 5-8	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plan to discuss how smoking relates to body image, particularly for young women, and learn about the link between beauty and smoking</li> <li>» Single lesson plan</li> </ul>
<b>Put Your Best Face Forward</b> <a href="http://mediasmarts.ca/teacher-resources/put-your-best-face-forward">http://mediasmarts.ca/teacher-resources/put-your-best-face-forward</a>	<b>Media Smarts</b> (Canada, 2012)	Grades 7-9	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plan to explore selfie culture, and learn about self-representation, body image gender standards and photo shopping</li> <li>» Single lesson plan</li> </ul>
<b>Prejudice and Body Image</b> <a href="http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Prejudice_Body_Image.pdf">http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Prejudice_Body_Image.pdf</a>	<b>Media Smarts</b> (Canada, 2012)	Grades 3-8	<ul style="list-style-type: none"> <li>» <b>Free</b> lesson plan to help students explore society's pressures to conform to standards of beauty and body size and the related prejudice about weight</li> <li>» Single lesson plan</li> </ul>