



women's  
health clinic

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

### **Women's Health Clinic Body Image Resource Kit**

<http://womenshealthclinic.org/wp-content/uploads/2013/10/Body-Image-Workshop-Kit.pdf?ab54a4>

### **Klinik Teen Talk Program**

Klinik provides classroom workshops on Body Image for Grades 9-12. Further resources and contact information are available on line here:

<http://teentalk.ca/service-providers/peer-support-manual>

### **Reflections of Me: The ETFO Body Image Project**

Comprehensive, field-tested, grades 1 to 8 curriculum. While many teachers integrate it into the language arts curriculum, it can be integrated into other areas of the elementary school program. Reflections of Me is most effective when implemented as a whole-school project. The curriculum focuses on different themes for different age groups:

- » The grades 1 – 3 theme is accepting diverse bodies.
- » The grade 3 – 6 theme is promoting body acceptance and building resistance to body-based harassment.
- » The grade 7 – 8 theme is questioning adherence to body norms.

<http://www.etfo.ca/ISSUESINEDUCATION/BODYIMAGE/Pages/default.aspx>

### **National Eating Disorder Information Centre (NEDIC) Beyond Images**

Self-Esteem & Body Image Curriculum

<http://www.beyondimages.ca/>

### **Body Image Conversation Starters for School Leaders and Teachers**

Published by the Australian Government

[http://www.youth.gov.au/sites/Youth/bodyImage/Documents/ConversationStarters\\_SchoolLeaders.pdf](http://www.youth.gov.au/sites/Youth/bodyImage/Documents/ConversationStarters_SchoolLeaders.pdf)

### **Dove Self-Esteem Project Resources**

Workshop Guide for Teachers for Boys and Girls ages 11 to 14

[http://www.dove.ca/en/docs/pdf/WkshpGuide4TeachersBooklet\\_11-14yrs.pdf](http://www.dove.ca/en/docs/pdf/WkshpGuide4TeachersBooklet_11-14yrs.pdf)

Additional resources

<http://www.dove.ca/en/Social-Mission/Self-Esteem-Resources/default.aspx>


• • • • • **Provincial Eating Disorder Prevention & Recovery Program** RESOURCES TO SUPPORT HEALTHY BODY IMAGE / SUMMER 2014

**Women's Health Clinic  
Head Office**  
419 Graham Ave., Unit A  
Winnipeg, MB R3C 0M3

**Birth Centre**  
603 St. Mary's Rd.  
Winnipeg, MB  
R2M 3L8

**Phone** 204.947.1517  
**Fax** 204.947.1517  
**TTY** 204.956.0385  
**Email** whc@womenshealthclinic.org

**www.womenshealthclinic.org**

 Like us WHCwpg

 Follow us @WHCwpg