

WITH ME MIND

Body image



Top tips to create a body positive school

- Provide opportunities for students to develop their self-esteem by avoiding a culture of perfectionism
- Educate staff about body image, referring to the National Institute of Clinical Excellence (NICE) guidelines
- Teach students how movement can improve an individual's mental health, rather than focusing on performance and competitive sports
- Provide students with the skills to critically analysis media messages
- Focus on messages of healthy eating and the benefits it has on overall levels of well-being, rather than to build muscle or lose weight
- Avoid weighing or measuring body size.