

Dear _____

I'm writing to you as a parent of one of your students in Year____, to let you know about some resources and training materials for teachers which you and your staff may be interested in.

As a parent I'm very aware of the need to create positive spaces that put the well-being, health and happiness of children at their heart, and have recently become aware of how body image plays a huge role in this area. I have been learning about how to promote positive body image in children and how this plays a role in building self-esteem, as well as in the prevention of eating disorders and associated mental health conditions, weight stigma and bullying.

I know from experience how hard it can be to find resources to support adults wanting to help children in this area. This is where I came across the work of The Body Happy Organisation CIC, a social enterprise dedicated to the promotion of positive body image in children and teenagers. The Body Happy Org runs CPD workshops for teachers, body image workshops for students, lessons for parents, and also creates downloadable digital products including lesson plans, schemes of work and other teaching resources on this subject.

Their work impacts children of all ages and they have a whole area on their website explaining the importance of positive body image in children and young people, and how this subject impacts the health and wellbeing, academic attainment and safeguarding of children in schools.

I do not doubt that the school also has the well-being of its pupils as its highest priority and so wanted to make you aware of this organisation and the resources they offer for teachers and adults who work with children, in case it was of interest. As a parent I would love to know staff at the school are supported in this area and feel able to create "Body Happy" environments for my child and others to thrive in at the school.

I have attached their latest impact report which details how they support schools, and you'll find more information about the organisation and their resources at www.bodyhappyorg.com.

Thank you for taking the time to read this letter.

Yours sincerely,



THE
body
happy

ORG.

The Body Happy Organisation CIC

Helping you help the kids in your care be friends with their bodies.

staff
training



student
workshops



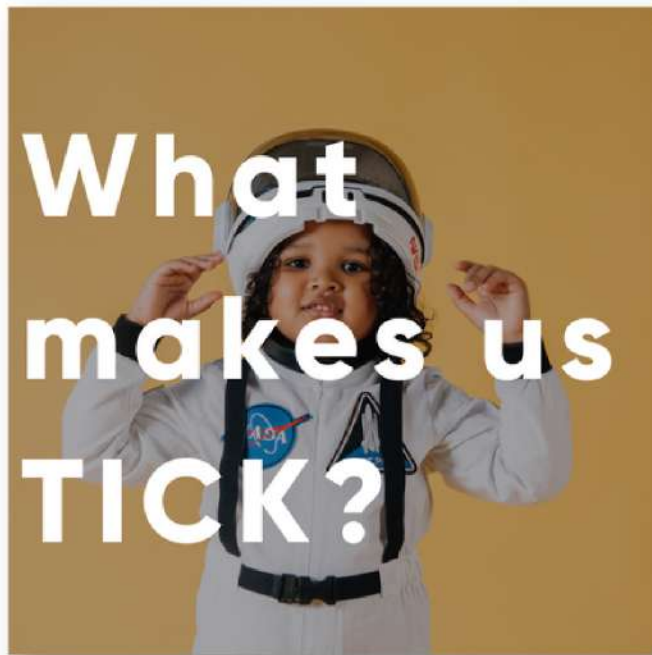
resources



advocacy

IMPACT BROCHURE 2023

www.bodyhappyorg.com



Our mission:

To help adults help the children in their care be friends with their bodies by creating environments that allow the body image of children and young people to thrive.

Our goal:

To reduce the individual instances of body image harm amongst children and young people.

Our values:

All bodies are good, worthy and important bodies. We celebrate body diversity and inclusion amongst children and young people.

Body image is fundamental to how children treat both their own bodies and the bodies of those around them. It impacts how children and young people learn, engage in class and extracurricular activities, as well as their connections with peers.

Body image is a safeguarding issue, an academic attainment issue, an inclusion issue and a health and wellbeing issue.

The Body Happy Organisation CIC is a Community Interest Company and member of Social Enterprise UK, with the social purpose of promoting positive body image in children and young people.

We do this through staff training in schools and other organisations, workshops for children and young people, and resources for schools and families.

We are proud to have worked with schools across the UK, as well as further afield, and to have delivered workshops to a range of other professionals including foster carers, Women's Aid refuge workers, Girl Guides leaders and NHS England staff, to name just a few.

We are a multi-disciplinary team made up of health, education and media professionals.

We exist to help you help the children in your care be friends with their bodies.



A note from our founder & Executive Director

In 2021 The Women and Equalities Committee's inquiry into body image found that 66% of children in the UK feel negative or very negative about their body most of the time. Since then, the NHS has revealed the number of children seeking treatment for eating disorders has more than doubled in the past six years, while waiting times have increased.

Research led by the University of Oxford in 2022 found that one in four children in the UK is on a diet, and in May 2023 a study from Imperial College London recommended prevention strategies in the national curriculum to destigmatise weight and encourage healthy body image in children to help alleviate a range of negative social and emotional problems in later years.

Poor body image in children is an urgent public health crisis, and we need proper investment in services, priority in training and support for schools, and - most importantly - meaningful and impactful culture change prevention work across all children's settings to reverse the cycle of body shame our children and young people are growing up with. This is where we come in.

We are a small but mighty team and, despite still being a relatively new organisation and having received no funding to date, we're already seeing the impact of our work.

There's no denying we're working in an incredibly difficult economic climate and culture. We've had to battle the multi-pronged obstacles of public service budget cuts and a cost of living crisis, along with policies that still focus on weight over wellbeing and don't recognise the urgent need to prioritise positive body esteem and eating disorder prevention in children's settings.



But the demand for our approach - one that prioritises prevention and culture change, and sees poor body image among children as a "we" problem rather than a "me" problem - shows that our work is badly needed. Strategies focused on individual interventions and resilience building aren't enough. We need meaningful environmental change, and we need it now.

We're incredibly proud to have worked with a growing number of schools and organisations that recognise the urgency of this issue and have made space to prioritise it in their settings this year. And we're looking forward to working with many more as awareness of the need to create settings that nurture children's body esteem and help young people know that all bodies are good bodies, grows.



Molly Forbes
Executive Director
The Body Happy Organisation CIC

Our impact

We report our impact figures from Nov - Nov each year. These figures reflect our work from Nov 2022 - Nov 2023.

Workshops in this period

4,010

pupils impacted by our whole school staff training sessions

643

students attended a Body Happy Schools workshop

851 in all time

594

teachers, youth workers & early years practitioners attended a Body Happy CPD workshop

994 in all time

271

health professionals attended a Body Happy Kids CPD workshop

98%

of those surveyed found our training sessions very useful and said they would recommend them.



Our impact

We report our impact figures from Nov - Nov each year. These figures reflect our work from Nov 2022 - Nov 2023

Resources in this period

57

schemes of work and lesson plans downloaded

872

free digital resources downloaded

1,186 in all time

185,706

people reached with educational series on social media.

123

parents & caregivers engaged with Online Masterclass, workshops and talks



Our impact

We report our impact figures from Nov - Nov each year. These figures reflect our work from Nov 2022 - Nov 2023

Special events in this period

Eating disorders conference

We loaned resources and books (FoC) to the Royal Free Hospital Children's School Eating Disorder Conference for teachers in North London in June.

School nurse training

We ran a training workshop for SAPHNA members (FoC) in collaboration with Miriam Collet, lecturer in children's & young people's nursing at Salford University.

Festival of the Girl panel

We spoke at an event about girls' body image for parents, run by Festival of the Girl.

Early Years conference

We ran a day of staff training workshops for Tees Valley Sport's Early Years Conference in March.

Emotional wellbeing festival

We ran a day of children's workshops for NHS Suffolk's Emotional Wellbeing Festival for Schools in May.

Thank you for making the whole day such a success. The feedback from people on the day was all extremely positive and attendees spoke highly of the amount of information and ideas they took from the workshops.

Tracy Raynor, Tees Valley Sport

The students and teachers couldn't stop telling us how much of a great time they had and how insightful it was.

Fran Russo, NHS Suffolk ICB



Our CPD offering

Staff training is fundamental to culture change in a setting. In 2023 we expanded our programme of CPD workshops, developing a full suite of sessions for different types of settings and roles.

All of our workshops are highly interactive and follow the same framework, but each is tailored to be relevant for the particular body image challenges associated with different types of settings, age groups and scenarios.



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90 minute introductory workshop
Our original 90 minute Body Happy Kids training session. Delivered monthly via zoom for individuals or can be delivered in-person for small groups of staff (up to 20).
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2 hour school staff workshop
Secondary or primary version available. Can be delivered in-person or virtually, in one session or across two separate sessions. Available as a private booking for full staff groups (whole school staff training).
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3 hour workshop
Secondary or primary version available. Can be delivered in-person or virtually, in one session or across separate sessions. Available as a private booking for full staff groups (whole school staff training).
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4 hour workshop
Secondary or primary version available. Can be delivered in-person or virtually, in one session or across separate sessions. Available as a private booking for full staff groups (whole school staff training).
- 

PE teacher and sports coaches workshop (90 mins / 2 hours)
Length of workshop dependent on number of participants. As with all of our workshops, this is an interactive session available both in-person (location dependent) or online.
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Foster carers and youth workers workshop (90 mins / 2 hours)
Length of workshop dependent on number of participants. As with all of our workshops, this is an interactive session available both in-person (location dependent) or online.
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Early years' practitioner workshop (90 mins / 2 hours)
Length of workshop dependent on number of participants. As with all of our workshops, this is an interactive session available both in-person (location dependent) or online.
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Health professionals workshop (90 mins / 2 hours)
Length of workshop dependent on number of participants. As with all of our workshops, this is an interactive session available both in-person (location dependent) or online.

Some of our CPD feedback in 2023:

The team at Body Happy Org are incredible. Everything was research backed, and hugely applicable I am quite knowledgable on this topic and did wonder if I needed to do the course. I am so happy I did. It surpassed my expectation on every level. Do not hesitate, you need the knowledge they are going to share with you, sign up now!

Tara Ghosh, period educator (UK)

Thank you for tonight's staff meeting! It was really good to have chance to sit and think and talk together about this and we really enjoyed the session.

Rebecca Brown, Infant Head of School, Park Lane Primary (UK)

The training on Friday was amazing! I got so much positive feedback from staff and was extremely impressed by your trainers and their expertise. Hearing the current statistics and data on the seriousness of body issues in all of us, our youth and society was hard but very real. The perspectives of an eating disorder therapist and nutritionist give a medical and behavioral lens to this very personal issue. Hearing individuals share a story or experience adds to the whole picture of body and self image for all of us. Each developmental stage was addressed with appropriate staff and bringing this information back to on site teams is the model we use which works perfectly when all staff members are present for the training.

Bobbie London, Director of Family Support, South Shore Stars Org (US)

School case study



We have seen an outstanding improvement in the children's well-being and attainment as a result of the Body Happy Org programme.

About the school:

Doha English Speaking School (DESS) is a British International not-for-profit school in Qatar providing education for children aged 3 to 13 (EYFS to year 8). Around 900 children attend the school, which was labelled as outstanding in two independent DfE approved inspection reports in 2023.

Training and resources

All staff at the school attended a Body Happy Kids CPD workshop (two groups each received a two hour session, delivered virtually via Zoom). The school used various forms of Body Happy Org teaching resources to supplement their PSHE curriculum, including the Body Image Schemes of Work, individual lesson plans, Pocket Booster affirmation activity card deck and downloadable activity packs.

Implementation

After the workshops for teaching staff, the PSHE lead took responsibility for disseminating the knowledge across the wider staffing teams, ensuring all support staff (including admin and assistant teams) were aligned with the updates being implemented across the school. The DESS Healthy Schools Policy was revised through an eating disorder prevention and positive body image lens, leading to changes to food and student weigh-in policies across the school, working in conjunction with the school nurse and mental health leads. Each subject lead led planning meetings to ensure Body Happy knowledge was built into resource planning, so that language and policies across the school were consistent. All year 6 pupils then received the Body Happy Org Body Image scheme of work for year 6. The impact of this was expanded upon with a special mental health awareness week for all students focusing on body image, in which pupils were awarded with a Body Happy Hero activity pack at the end of the week.



Victoria Henry,
DESS PSHE coordinator responsible for early implementation of BHO programme

Body Happy Org isn't just a scheme of work that we deliver when we have free time. It has become a philosophy for staff and students to live by.

Thomas Robinson, incoming DESS PSHE coordinator from 2023

Impact

The impact of the school's approach to promoting positive body image was highlighted in their inspection report of May 2023 (the inspection was carried out by Penta International, who report to the DfE and are approved by the British government to inspect British international schools). The report said: "The introduction of new PSHE programmes have had a **significant impact** on students and the school environment. Adding additional schemes to address topical concerns such as 'Body Image' for KS2 & 3 students, has **further developed students' wellbeing.**" The school received an **Outstanding rating.**

The lessons and activities made me realise no one should be ashamed of their body.

Year 6 pupil, DESS



Students created their own pieces of body positive art using Body Happy Org Pocket Booster affirmation cards as inspiration.



Student art celebrating body diversity was displayed around the school as part of a special mental health week focusing on body image.

Our student sessions

We do not see body image as an after-thought or an added extra in a school curriculum, but a core foundation, fundamental to a positive environment that nurtures happy, content, active and engaged learners.

Body Happy Org's Student Sessions can help introduce your students to some of the core concepts necessary to cement a culture of positive body esteem in your setting.



Vibrant, inspiring and innovative workshops for ages 3-18

45 min - 90 min sessions

Our workshops are interactive and dynamic, and work best delivered in groups no larger than a class size. Our individual sessions can run from 45-90 minutes per class, although we can create bespoke longer sessions at request.

Expert facilitators

Our multi-disciplinary team of freelance workshop facilitators includes teachers, health professionals, early years experts and weight inclusive fitness coaches with intensive training in body image and related fields.

In-person or online

We can offer sessions in-person (location dependent) or online. Get in touch at hello@bodyhappyorg.com to let us know where you're based and we will let you know the options available in your area.



“Thank you so much for running the session, the children and I certainly got a lot out of it.

Annette Smith, Year 6 teacher, Galampton Primary School

“A big thank you from all of us. The children were very engaged.

Sarah Egerton-Warburton, SENCo, Chepstow House School

Looking ahead

This year we are working on our first formal impact study with researchers at The University of Lincoln and KEVICC, a state-funded secondary school in Devon. Our Board of Directors is growing, and we are implementing new strategies to scale the organisation and increase our reach to schools across the UK. We are also pursuing funding to supplement some of the projects we've been working, enabling us to offer a new suite of resources to schools and organisations free at point of purchase. These projects will help schools and youth organisations easily and effectively support the body esteem of the children and young people in their care.



Here's how you can support us...



There's no one doing what we do, and in order to continue doing it **we need your help**. We're a small team working in a critically under-funded and under-resourced field, in an area that is often seen as controversial or simply not important. Donating to The Body Happy Organisation CIC will help further support our important work.

We don't have big ad budgets or large marketing teams. We **rely on word-of-mouth** recommendations and the advocacy of parents, caregivers and colleagues to help spread the word of our work. Whether it's sharing a link to our resources in a WhatsApp group or sharing our leaflet with your child's school, every act of advocacy counts.



We are a Community Interest Company, which means we operate like a business but are regulated by the CIC Regulator to make sure profits are reinvested back into the community we serve: those wishing to create positive body image environments for children. Because we are a Social Enterprise, this means we don't have large dividends or big bonuses. Our cause is positive **social change, not profit**. When you buy books, gifts and resources from us you are supporting our ability to implement the projects which lead to the social change we are working to create.

Sponsor your school

Budgets in state-funded schools are tighter than ever. While we are pursuing funding and bid opportunities to enable us to support schools free at point of purchase, the reality is that these opportunities are incredibly competitive and difficult to secure (at the time of writing this report, the figures show that of the £300 billion spent by the government each year on procuring goods and services, only 8% of this goes to VCSE - voluntary, charity and social enterprise - organisations).

This is where school communities and the private sector comes in. If you are a parent of means, involved in a school PTFA, or involved with a business which engages in corporate philanthropy and makes a donation pledge, then you can sponsor your school to help them receive our support.

scan me for more info



Sponsor staff training

£35 = a 90 min session for 1 teacher.
 £175 = a 90 min session for up to 15 teachers.
 £325 = up to 100 staff on a 2 hour session.



Sponsor student workshops

£175 = one class workshop.
 20% discount for 3+ bookings



Sponsor teaching resources

£7.50 = single lesson plan
 £24.99 = full scheme of work



Sponsor books

Books and resources from £3.50

Spread the word

You can print this leaflet off and share it with someone who'll benefit from our work!



THE BODY HAPPY ORGANISATION CIC

Helping you help the kids in your care be friends with their bodies

THE
**body
happy**
ORG



Scan me for more info


Who we are

Body Happy Org is a social enterprise dedicated to promoting positive body image in children and teens. We work with schools, youth clubs and parents to help them create environments that allow the body esteem of the kids and young people in their care to thrive.

Through workshops, online resources, books and advocacy programmes our purpose is prevention – of the bullying, body shame, disordered eating and associated health issues that arise from poor body image. We are creating a culture where all children and young people are given the chance to be friends with their bodies, and to treat other bodies that do not look or function like their own with respect, dignity and kindness.

Visit us at

www.bodyhappyorg.com

 [@bodyhappyorg](https://www.instagram.com/bodyhappyorg)

What we do

- Professional development workshops for teachers, youth leaders, and anyone who works with children.
- Student sessions workshops for children and young people at schools and youth clubs.
- Online Masterclass and peer support for parents and caregivers.
- Body image teaching resources for schools, including lesson plans and schemes of work.
- Books, games and physical resources offering Body Happy gifting opportunities for kids.
- Advocacy and awareness campaigns and resources.

