



# Private CPD workshop details

**Basic 1: teachers & schools (primary or secondary option available)**

**90 mins**

**Up to 20 staff**

**£175**

## **SESSION BREAKDOWN: PRIMARY**

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts children

- **Body image issues at school**

Why body image is a wellbeing, academic and safeguarding issue.

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Group activity: Understanding some of the media and cultural messages which can impact body image in children.

- **Auditing the school setting**

Discussion activity: Understanding how some of these cultural messages can filter through into the school setting and impact how children feel about their bodies

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- **Joyful movement**

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

- **Raising food explorers**

Signposting to approaches to positive food education that nurture body esteem.

- **Implementation**

Group activity: Lesson and policy planning activity exploring implementation of knowledge from the session.

- **Appearance based bullying**

Exploring a three step strategy to navigate appearance based bullying in the classroom and wider school setting.

## **Basic 1: teachers & schools (primary or secondary option available)**

**90 mins**

**Up to 20 staff**

### **SESSION BREAKDOWN: SECONDARY**

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts children

- **Body image issues at school**

Why body image is a wellbeing, academic and safeguarding issue.

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Group activity: Understanding some of the media and cultural messages which can impact body image in children.

- **Auditing the school setting**

Discussion activity: Understanding how some of these cultural messages can filter through into the school setting and impact how children feel about their bodies

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- **Relating the knowledge**

Group activity: student case study activity.

- **Representation and body diversity**

Understanding how celebrating body diversity can impact student body image. Looking at ways to do this in the school setting.

- **Implementation**

Group activity: Lesson and policy planning activity exploring implementation of knowledge from the session.

- **Appearance based bullying**

Exploring a three step strategy to navigate appearance based bullying in the classroom and wider school setting.



**£175**



## Basic 2: foster carers and youth workers

90 mins

Up to 20 staff

### SESSION BREAKDOWN:

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts children

- **Body image impact**

Why body image is a wellbeing, academic and safeguarding issue

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Understanding some of the media and cultural messages which can impact body image in children

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- **Body boundaries**

Body image and consent

- **Joyful movement**

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

- **Raising food explorers**

Signposting to approaches to positive food education that nurture body esteem.

- **Appearance based bullying**

Strategies for dealing with appearance based bullying in children and young people.

£175



## **Basic 3: PE teachers & sports coaches**

**90 mins**

**Up to 20 staff**

### **SESSION BREAKDOWN:**

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts children

- **Body image impact**

Why body image is a wellbeing, academic and safeguarding issue

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Understanding some of the media and cultural messages which can impact body image in children

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- **Joyful movement**

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

- **Representation**

Understanding the importance of representation to promote inclusion in sport and nurture body esteem among the student body

- **Environment**

How the wider learning environment can impact body esteem and participation in movement

- **Best practice**

Examples of best practice

- **Body Happy PE toolkit**

Recap and tools

**£175**



## **Basic 4: EYFS & nursery staff**

**90 mins**

**Up to 20 staff**

### **SESSION BREAKDOWN:**

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts young children

- **Body image impact**

Why body image is a wellbeing, academic and safeguarding issue

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Understanding some of the media and cultural messages which can impact body image in pre-schoolers and children in the EYFS stage.

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- **Food and body image**

Positive food education strategies to nurture body esteem and body connection.

- **Joyful movement**

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

- **Representation**

Understanding the importance of representation to promote inclusion in sport and nurture body esteem among the student body

- **Appearance based bullying**

Strategies for dealing with appearance based bullying and negative comments in young children.

- **Best practice**

Examples of best practice

**£175**



## Intermediate

2 hours

All staff (up to 100)

### SESSION BREAKDOWN: PRIMARY

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts children

- **Body image issues at school**

Why body image is a wellbeing, academic and safeguarding issue.

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Understanding some of the media and cultural messages which can impact body image in children. Group breakout discussion activity.

- **Auditing the school setting**

Understanding how some of these cultural messages can filter through into the school setting and impact how children feel about their bodies. Discussion activity.

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem. Exploring the social determinants of health and how this relates to body image.

- **Weight stigma in primary school settings**

Group breakout activity.

- **Joyful movement**

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

- **Food education approaches that nurture body esteem**

Exploring the impact of food provenance activities, food neutrality, celebrating the cultural significance of food, food exploration and sensitivity around food insecurity. Group breakout activity: Food sorting activity discussion.

- **Implementation**

Group activity: Lesson and policy planning activity exploring implementation of knowledge from the session.

- **Appearance based bullying**

Three step strategy to help navigate appearance-based bullying in the setting.

**£325**



## Intermediate

2 hours

All staff (up to 100)

### SESSION BREAKDOWN: SECONDARY

#### Section 1: Understanding body image

- **Body image literacy**

Understanding what body image is, how it's measured and how it impacts children

- **Body image issues at school**

Why body image is a wellbeing, academic and safeguarding issue.

- **Identifying body image issues**

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- **Media and cultural messages**

Understanding some of the media and cultural messages which can impact body image in children. Discussion activity.

- **Auditing the school setting**

Understanding how some of these cultural messages can filter through into the school setting and impact how children feel about their bodies. Discussion activity.

- **Health and body image**

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- **Relating the knowledge**

Group activity: student case study activity.

#### Section 2: Body image advocacy & culture change

- **Understanding of terms**

Overview of body image adjacent terms: weight stigma, anti-fat bias and adultification bias

- **Weight stigma in school settings**

Group breakout activity

- **Celebrating body diversity in school settings**

Understanding the power of widening representations in sport and celebrating body diversity in the school setting.

- **Implementation**

Group activity: Lesson and policy planning activity exploring implementation of knowledge from the session.

- **Appearance based bullying**

Exploring a three step strategy to navigate appearance based bullying in the classroom and wider school setting.

£325



## **Advanced 1: extended session**

**3 hours**

**All staff (up to 100)**

**£500**

### **SESSION BREAKDOWN:**

#### **SECTION 1: BODY IMAGE LITERACY**

- Body image literacy

Understanding what body image is, how it's measured and how it impacts children

- Body image issues at school

Why body image is a wellbeing, academic and safeguarding issue.

- Identifying body image issues

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- Media and cultural messages

Understanding some of the media and cultural messages which can impact body image in children

#### **SECTION 2: BODY IMAGE & HEALTH**

- Health and body image

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- Joyful movement

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

#### **SECTION 3: CREATING A BODY HAPPY SCHOOL**

- Body image and consent

Understanding why body image is a safeguarding issue and needs to be baked into safeguarding policies and approaches

- Healthy boundaries

Setting positive boundaries to protect student body esteem through staff peer support, school policy and culture

- Appearance-based bullying approaches

Tackling appearance based bullying and creating a school culture of advocacy and kindness

- What now? Setting Body Happy action points for the future

How to take your new knowledge and implement it into tangible, measurable actions to create long-lasting impact and positive change in the setting.



## Advanced 2: Full CPD programme

4x 1 hour staff sessions

All staff (up to 100)

£650



### SESSION 1: BODY IMAGE LITERACY

- Body image literacy

Understanding what body image is, how it's measured and how it impacts children

- Body image issues at school

Why body image is a wellbeing, academic and safeguarding issue.

- Identifying body image issues

Understanding some of the signs of disrupted body esteem and internalised appearance ideals

- Media and cultural messages

Understanding some of the media and cultural messages which can impact body image in children

### SESSION 2: BODY IMAGE & HEALTH

- Health and body image

How our body image impacts our wider health and wellbeing, how the language we use around health can impact our body image, the complexity of health and how positive health behaviours can be used to build body esteem.

- Joyful movement

An introduction to joyful movement and how this can be used as a tool to boost body esteem and prevent body dissatisfaction in children. Understanding how body image concerns can become a barrier to sports participation in school. Approaches to improving engagement through body image awareness.

### SESSION 3: BODY IMAGE & FOOD

- Reframing our understanding of healthy eating

How progressive approaches to food education can positively impact student body image.

- A deeper look at some of these approaches

Including food provenance, food as cultural celebration, responsive feeding and the Division of Responsibility framework

- Eating disorder awareness

Understanding some of the early signs of eating disorder behaviour, and how to approach safely with sensitivity and care

### SESSION 4: CREATING A BODY HAPPY SCHOOL

- Body image and consent

Understanding why body image is a safeguarding issue and needs to be baked into safeguarding policies and approaches

- Healthy boundaries

Setting positive boundaries to protect student body esteem through staff peer support, school policy and culture

- Appearance-based bullying approaches

Tackling appearance based bullying and creating a school culture of advocacy and kindness

- What now? Setting Body Happy action points for the future

How to take your new knowledge and implement it into tangible, measurable actions to create long-lasting impact and positive change in the setting.



## Need to know:

- 🌸 Interactive, discussion-led sessions (we don't do passive CPD training)
- 🌸 Comes with additional resources: course notes booklet, activity packs, MP3's
- 🌸 Exclusive 20% discount on teaching resources and books
- 🌸 Ongoing support via email (ask follow-up questions, check in with us)
- 🌸 Monthly peer-support group for educators (run via zoom)
- 🌸 Workshops can be delivered in-person (location dependent) or online.

**Bespoke sessions available on request. We regularly work with settings (including non-UK based childcare organisations, health professionals and corporate clients) to create bespoke workshops (or a suite of workshops) to cater for the specific body image challenges in their setting. Prices available on request - email us at [hello@bodyhappyorg.com](mailto:hello@bodyhappyorg.com)**

## Bulk booking discounts:

20% discount for 3 or more workshops booked. Can be used within Federation Trusts or across more than one setting, as long as workshops all booked at same time.