



# Body Image Workshop

Maximum Number of Students: 50  
Program Length: 60 minutes

## Program Synopsis

This workshop begins with short puppet show (10 minutes) with Valerie and Joanne and is followed by an interactive workshop. In the workshop, students will be in small groups and play a version of Jeopardy. Categories are Media, Nutrition, Body Image, and Making Healthy Choices.

## Key Program Points:

- *Body Image* is our mental picture of our own body.
- *Body Confidence* is our feelings of being appreciated, accepted, and happy about our own body.
- What we see in the media is a manipulation of the truth and images are usually altered.
- Positive self-talk is important and can be used to increase our body confidence.
- Proper nutrition is important for a healthy body and mind.
- Body confidence impacts our physical and mental well-being, as well as school performance and having the confidence to participate in activities.
- Every culture has a different beauty ideal, and it changes over time.

## Resources

Dove offers information for [school workshops](#) on body image

[Media Smarts](#) offers links to resources for teachers about body image

[Teaching Tolerance](#) presents a classroom activity that helps kids talk about body image and social norms

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Have a good resource you'd like to share? Email Karen at: [karen.sharpwolf@vtn.org](mailto:karen.sharpwolf@vtn.org)