

This tool will help you assess positive body image practices in your school. Your school may already be doing activities and have policies that promote positive body image.

Who can use this tool?

Groups of parents, students, administrators, teachers, interested community members; or a team who can get together to do the assessment and planning.

How can this tool be used?

Part A is the assessment and Part B is for planning. You could present your findings to the student council, principal, a staff meeting, or Parent Advisory Council. Talk about some things you would like to change and develop a plan of action.

Positive Body Image School Assessment

Our school environment

1.1 Committing to positive body image at school

- Our administration promotes and supports positive body image at school (e.g. encouraging staff to lead by example).
- Our staff models healthy (but not perfect) eating patterns and food choices (e.g. not dieting).
- Our staff models size acceptance (e.g. avoiding talking about their own weight or others' weight in front of students or other staff).
- Our staff engages in regular physical activity that they enjoy.
- Our school or district has a zero-tolerance policy for weight-related teasing.
- Our staff encourages students to focus on health, not weight.

1.2 Promoting healthy eating

- Our students have access to healthy choices in the school cafeteria and vending machines.
- Our students prepare healthy recipes in their Foods class.
- Our school uses healthy foods in fundraisers and school events.
- Our school values eating together and provides students with a place to sit and enough time to eat their lunch.

1.3 Promoting physical activity

- Our school offers opportunities for students of all shapes and sizes to engage in physical activity each and every day.

1.4 Providing a supportive environment

- Our school has someone to listen and provide support to students with body image concerns.
- Our teachers know how to identify early signs of eating disorders and know when to refer students to appropriate experts.
- Our teachers are familiar with the resources available online and in the community to promote positive body image and prevent eating disorders.
- Our school supports students with disordered eating/weight issues through collaborating with other appropriate health professionals and programs (e.g. community nutritionist/health nurse/counselor).
- Our school supports students with disordered eating/weight issues through collaborating with parents.

Our Nutrition Education

1.5 Learning about healthy eating

- Our school builds skills that support healthy eating (e.g. planning and preparing meals and snacks, learning about Canada’s Food Guide).
- Our teachers and coaches access reliable sources of nutrition information (e.g. Canada’s Food Guide, Dietitian Services at Health Link BC and Dietitians of Canada).
- Our teachers use age appropriate resources.
- Our teachers use a “do no harm” approach (e.g. using sensible language when talking about weight and body size).

1.6 Learning about positive body image

- Our students acquire media literacy skills to recognize that images portrayed by the media are not realistic.
- Our school is familiar with the resources available online and in the community to promote positive body image and prevent eating disorders (e.g. Kelty Mental Health Resource Centre, Jessie’s Legacy).
- Our school promotes size acceptance and diversity.
- Our students are encouraged to develop an identity that goes beyond just physical appearance.
- Our school encourages students to speak up for others who are teased about their body shape or size.

Planning for Positive Body Image at School

After completing the assessment, look at your school's strengths and weaknesses and plan for positive change.

A. Reflect on the statements that you checked.

Highlight up to 3 areas where your school is doing well with regard to promoting positive body image.

- 1.
- 2.
- 3.

B. Reflect on the statements that you did not check.

List 3 priority areas where your school policies and practices related to promoting positive body image need improvement.

- 1.
- 2.
- 3.

C. Write goals and actions

List goals and actions that your school will commit to for promoting positive body image at school.

Goal

Actions