

HOW TO CREATE A BODY POSITIVE ENVIRONMENT

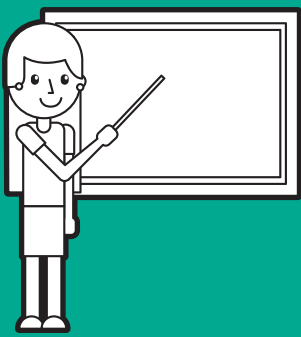
Tips for Teachers and Staff

EDUCATE



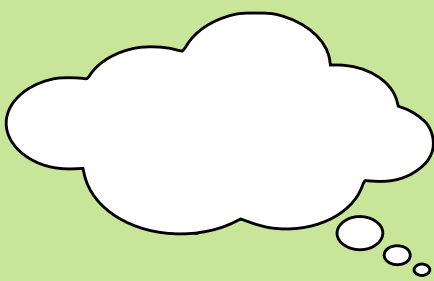
- Explain genetic differences in body types.
- Size and shape are impacted by many things like the microbiome, toxic load, & medications.
- Teach media literacy skills: Show students photos before and after Photoshop, talk about the effects of media on body image.
- Teach students about emotional strength - how to identify their feelings and express them in healthy ways.

EXEMPLIFY



- Be a positive role model - talk about diversity in body types.
- Celebrate different body shapes and sizes.
- Learn about Health At Every Size®.
- Use images and posters representing various body sizes, shapes, races, and genders.
- Challenge diet culture ideals.

EVALUATE



- Assess whether your students have adequate time to eat. Incorporate snack times into the day.
- Evaluate whether there is flexibility and variety in food choices.
- Determine if students need support. If they seem to be struggling, refer them to the counselor.

ENCOURAGE



- Emphasize inner beauty and personal qualities.
- Promote having fun in athletics rather than a 'have to win' mentality.
- Encourage diversity in bodies, thoughts, opinions, and foods.
- Teach flexible mindsets: all foods fit, all bodies are good bodies.

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