

EMBRACE KIDS.

77%

of adolescents
report body image
distress [1]



INTRODUCING THE EMBRACE KIDS CLASSROOM PROGRAM

THE ISSUE... OUR KIDS ARE STRUGGLING

Too many young people worry about the way they look, and these concerns hold them back from achieving their full potential. Young people who are dissatisfied with their bodies are 24 times more likely to develop depression and anxiety [2], and we know that being body confident enhances physical and mental wellbeing. As body image experts, we hear that this is an issue for young people in schools, but that teachers often don't know how to address this issue.

Body image is consistently ranked in the top three issues of personal concern in the mission Australia Survey of Young people [3]. The Covid-19 pandemic has brought further challenges. This is a time where young people need education to improve their wellbeing.

THE EMBRACE KIDS DOCUMENTARY

Embrace Kids is an uplifting film by Taryn Brumfitt which was released in 2022 and brings together a vibrant collection of stories from young people and famous friends alike, who share their experiences about body image, bullying, gender identity, advocacy, representation and more. This film inspires, educates, and advocates for change.

The four central themes of the film and resources include:

- Celebrating diversity of appearance, including diversity in relation to gender expression, ability, cultural background, and size.
- Appreciating the functionality of what our bodies can do more than what they look like.
- Being kind to ourselves and others.
- Focusing on real role models.

At the end of the film, there is a strong call to action, for young people to come together to change the world- for themselves and for future generations. This advocacy approach, combined with content aligning to the core themes outlined above, aligns with best practice, research, and theoretical frameworks regarding effective approaches for improving body image in young people.

THE EMBRACE KIDS SCHOOL PROGRAM

EW've made a commitment to share the Embrace Kids Classroom Program across Australia, for free. We've designed these evidence-informed resources for Year 5 & 6 students in Primary, and Year 7 & 8 students in Secondary schools, and our intention is to make this as easy as possible for schools to embed in their programming in various ways.

The Classroom Program includes shorter pieces of the Embrace Kids film, aligned to Australian Curriculum Content descriptions, and informed by science and evidence regarding effective health promotion and health education practice.

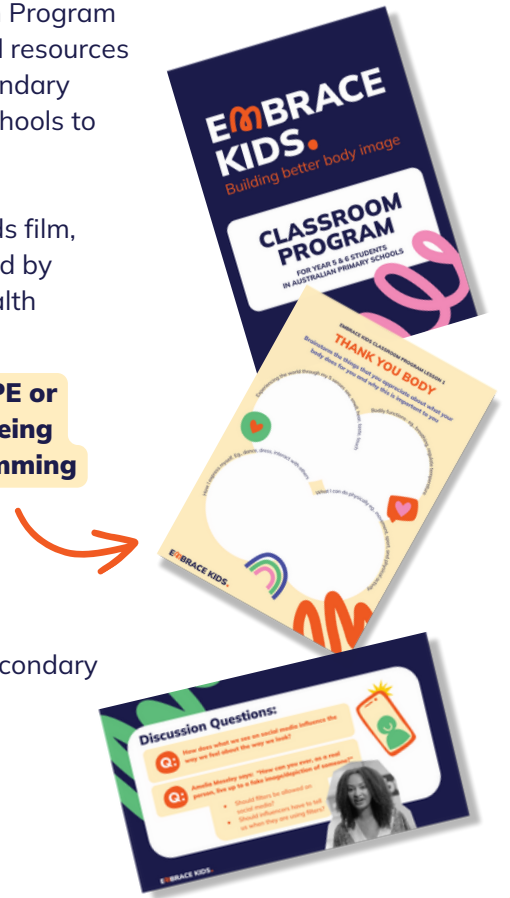
The Program includes:

- An extensive Teacher Guidebook
- 5 lesson plans
- Short videos to play at the start of each lesson
- Google Slides to deliver each lesson
- Worksheets for students

Our programs have been designed with input from Primary and Secondary School teachers, and experts from the Body Image Movement and Body Confident Collective.

LET'S MAKE THIS HAPPEN AT YOUR SCHOOL!

For HPE or Wellbeing programming



OUR TEAM

With 33 years' combined experience, more than 50 published papers, five books, two films and seven kids, this dynamic duo knows a thing or two about body image - and they're joining forces to change the world!

2023 Australian of the Year, Taryn Brumfitt has inspired millions of people around the world to Embrace their bodies. The original Embrace Documentary (2016) has been seen by millions of people across 190 countries, and BIM has a social media reach of over 500 000 followers.

Dr Zali Yager has a Health and Physical Education Background, and 18 years' experience conducting body image research and educating primary and secondary school pre-service teachers. Zali literally wrote the scientific paper on "What Works" to prevent body image concerns in school settings.

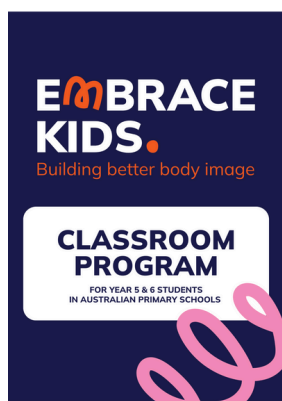


VISIT THE EMBRACE HUB TO FIND OUT MORE
www.theembracehub.com

HEALTH AND PHYSICAL EDUCATION CURRICULUM ALIGNMENT

AUSTRALIAN CURRICULUM V9

PRIMARY SCHOOL PROGRAM



Identities and Change

- explain how identities can be influenced by people and places, and how we can create positive self-identities (AC9HP6P01)
- investigate resources and strategies to manage changes and transitions, including changes associated with puberty (AC9HP6P02)
- investigate how the portrayal of societal roles and responsibilities can be influenced by gender stereotypes (AC9HP6P03)

Interacting with Others

- describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04)
- describe and implement strategies to value diversity in their communities (AC9HP6P05)

SECONDARY SCHOOL PROGRAM



Identities and Change

- analyse and reflect on the influence of values and beliefs on the development of identities (AC9HP8P01)
- analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes (AC9HP6P02)

Interacting with Others

- investigate strategies that influence how communities value diversity and propose actions they can take to promote inclusion in their communities (AC9HP8P05)

Making Healthy and Safe Choices

- investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeing (AC9HP8P09)
- plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing (AC9HP8P10)

OTHER RELEVANT CURRICULUM AREAS:

- English
- Personal and Social Capacity
- Critical and Creative Thinking

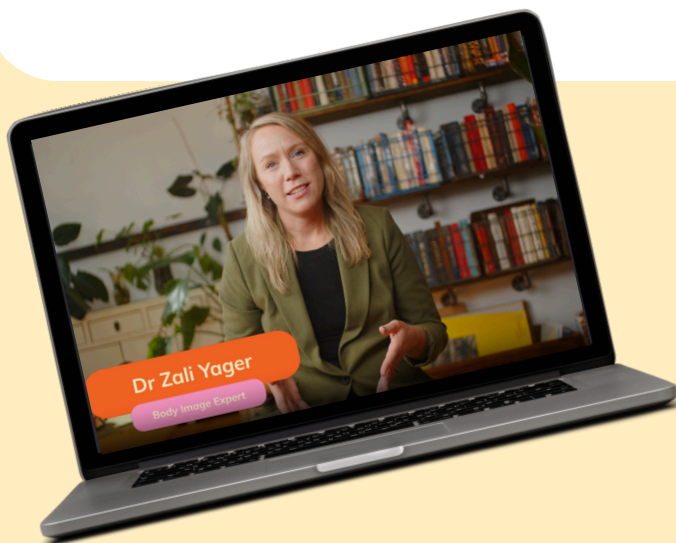
These resources can be utilised as part of the Student Wellbeing program

THE EMBRACE KIDS TEACHER MASTERCLASS

This 20-minute video gives teachers practical advice and actionable strategies about what to do and say to your students in relation to bodies, food and weight. And it's not just for PDHPE teachers or wellbeing coordinators either – this is an issue that goes across all KLAs, as bullying and body shaming comments can happen in any classroom.

The **Embrace Kids Teacher Masterclass** provides in-depth insights into understanding body image issues among students of all ages and offers practical strategies to support their wellbeing. By watching, you'll gain:

- **Expert knowledge:** Hear from our co-Executive Director Dr Zali Yager, an internationally-recognised expert in the body image space who is known for figuring out 'what works' to help people feel better about their bodies
- **Actionable strategies:** Practical tips you can apply in your classroom straight away – no extra training required!
- **Real stories:** Here from young people and teachers about how school activities impacted their own body image, and why it's so important to help the next generation learn to appreciate and be kind to their bodies



**Play it in your
staff meeting!**

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