

# EMBRACE KIDS.

## TEACHER MASTERCLASS

### SUMMARY SHEET

Thanks for watching!

Here is your reminder of the four key recommendations in this session:

1

**Role modeling attitudes and behaviours:** Be aware of the way you are speaking about your own and other people's bodies - we don't want to inadvertently role model restrictive dieting or muscle-building activity, or make jokes about our appearance.

2

**Addressing body shaming comments:** We know it's hard to know what to say, but it is important that you speak up and intervene when negative comments or body shaming happens in the classroom, or on the playground.

#### Here's how:

- Validate that this is serious
- Acknowledge the harm words can cause
- Bring in boundaries

"We don't say those things here"

3

**Considering curriculum and pedagogy:** Some of the ways we have traditionally taught about food and nutrition, physical education and health are not working for everyone. It's important that we ensure we are not including classroom activities that are judging, ranking or critiquing student's bodies, eating habits or physical activity engagement in schools.

#### Across all key learning areas, avoid:

- Calculating kilojoules/calories
- Assessing body weight and body measurements
- Calculating BMI (body mass index)
- Recording food intake in food diaries
- Constant focus on all students to be engaging in 'healthier' eating practices
- Categorising food into 'good' and 'bad' foods

4

**Switching up your language:** Avoid stigmatising terms that describe bodies and avoid categorising foods as 'good and bad' or 'healthy and unhealthy'.

When young people feel shame, they are less likely to engage in health behaviours.

# KEY RESOURCES



For early learning educators and educators of 0-8 year olds



For you to add to HPE and Wellbeing for Years 5 & 6 and Years 7 & 8



Resources for schools



Access the Food and Nutrition Curriculum Connection



Summary of curriculum changes here



For more detail on activities to avoid, access the Creating Safe School Environments document