

Teaching Resources for Promoting Healthy Body Image JK- Gr. 8 that Support Ontario's Healthy Living Curriculum

- Borrow from the Thunder Bay District Health Unit by calling Barb at 625-5901 or order online at www.tbdhu.com/resources/library
- Free delivery via school courier

Gr. Level	Title	Description
Jk - 3	"Full Mouse, Empty Mouse"	Storybook and Companion Guide (2004)
Gr. 1 – 3	Shapesville	Storybook and Companion Guide (2004)
Gr. 1 – 3	Body Talk 3: My Special Body	Video (2004) and Classroom Activities (2008)
Gr. 4 – 6	Body Talk 2: It's a New Language	DVD (2005) and classroom activities (2008)
Gr. 4 - 6 +	The Student Body: Promoting Health at Any Size	Online program includes classroom activities & handouts on Media, Teasing, Healthy Eating, Active Living, School Climate. Based on Ontario research and curriculum (2007). Go to: www.aboutkidshealth.ca/thestudentbody/home.asp
Gr. 4 - 8	Liking the me I see in the mirror	Resource manual for teachers on body image and self-esteem (2001)
Gr. 5 - 9	Dove Real Beauty School Program)	Classroom activities, handouts, short DVD (2006). See more information and activities at: www.campaignforrealbeauty.ca
Gr. 7 – 9	Body Image for Boys	20 min VHS and teachers guide (2002)
Gr. 7 – 9	Body Image Works	Teaching kit with 15 min DVD and interactive lessons, teacher's manual (2006)
Gr. 7 – high school	Are You Seeing Clearly?	2-panel roll up display. Order through Janice Piper below (2006)
Gr. 8 – high school	Much Talks Body Image	1 hour DVD produced by Much Music (2007)
Teen Girls	Everybody is a Somebody	Facilitator's guide containing activities and strategies that complement curriculum and can be used to provide one-on-one or group body image support (2004)

For more information, staff or parent education related to body image, healthy eating or healthy weights contact Janice Piper, at (807) 625-5968 or email: janice.piper@tbdhu.com at the Thunder Bay District Health Unit.

For more information on prevention and treatment of eating disorders, including classroom presentations contact Karen Degagne at 343-2400, Ext. 2675 or email degagnek@tbh.net at the St. Joseph's Care Group Eating Disorder Program.

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