

Teaching Resources for Promoting Healthy Body Image in High School 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
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 several interactive lessons, teacher's guide (2006)
Gr. 7 – high school	Are You Seeing Clearly?	2-panel roll up display and handouts. Order through Janice Piper below (2006)
Gr. 8 – high school	Much Talks Body Image	1 hour DVD produced by Much Music (2007)
Gr. 10 – 12	Body Image Works	Teaching kit containing several interactive lessons covering body image, media literacy, stereotyping etc. Includes a CD "How the Namuh learned to be content with who they were", DVD "Fat like me: how to win the weight war" (40:00 minutes) and 1 teacher's guide (2006)
Gr. 9 +	The truth about body image	Discussion among teens regarding body image, gender differences, steroid use, eating disorders and media awareness. Includes 21:00 min VHS (2000)
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.

02/06/08