WEEK 2

Ages/Topics

8-12: Body Image

13-18: Body Image/Body Shame

8-12:

Video 1 - Body Image (Princess Theory)
Video 2 - Body Image (Dove Campaign)
Video 3 - The Copy Cat Theory
Video 4 - Boys Talk About Body Image
Video 5 - How To Talk To Kids About Body Shame

13-18:

Link 1 - Body Image For Kids
Link 2 - Body Image Statistics
Link 3 - How To Talk To Kids About Body Image
Body Image Activities

TIPS

1) Always know that the topic is equally important for males and females.
2) All ages can be effected by body image or body shaming.
3) Let them fully express how they feel before you add your thoughts to the conversation.
4) Keep the topic open, do not have it all in one day.