

***Healthy Body Image: Teaching Kids to Eat
and Love Their Bodies Too!***

A comprehensive resource manual,
with scripted lessons for upper elementary age students

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MISSION STATEMENT

- *To empower pre-pubescent children to form a foundation for acceptance of their bodies, based on recognition of what they can and cannot control in regard to body size and shape.*
- *To prepare pre-pubescent children to resist unhealthy and unrealistic cultural pressures regarding body image.*
- *To inspire children to develop a stake in healthy eating behaviors.*

HEALTHY BODY IMAGE; Teaching Kids to Eat and Love Their Bodies Too!©
LESSON OVERVIEW

LESSON	LESSON CONCEPTS	STUDENTS WILL KNOW
I: Introduction - Growth and Change in Appearance. <i>Literature, Health</i>	Change is a natural part of life; developmental change is expected for preteens and teens.	"How we look will change as we grow up."
II: The Development of Current Body Images in Western Society; <i>How the Namuh Learned to be Content With Who They Were.</i> <i>Literature, History, Social Studies</i>	Gain historical and cultural perspective on body image attitudes and related unhealthy eating behaviors in Western society. Introduction to understanding mass media influence.	"People become unhappy trying to be something that they are not. As for looks, it's best to make the most of who you were born to be."
III: Identity and Competency; More Than How We Look <i>Health</i>	There are many aspects to identity. Base identity on competency and preferences vs. appearance.	"How we look is only one part of us. We have to pay attention to <i>all</i> of who we are."
IV: How Your Appearance Will Change in Puberty <i>Science</i>	Physical changes in puberty naturally draw attention to appearance. Know the outward changes in appearance to expect.	"There are many different normal ways for looks to change in puberty. Sooner or later most girls and boys gain weight & fill out."
V: Genetics: How Body Size and Shape is Determined <i>Science</i>	What can and cannot be influenced in regard to size and shape is limited by innate genetic diversity. Identify characteristics of your genetic heritage.	"Most of how we look is determined before we are even born; taller, shorter, fatter, thin--all are normal, all built in!"
VI: Internal Weight Regulation; The Metabolism Factor <i>Science</i>	The <i>internal weight regulatory system</i> defends the body's natural weight. Metabolism is an example. See why it is not safe to make assumptions about a person's eating or activity habits from appearance.	"Each person's body works to grow and maintain a weight that is natural for them."
VII: "Sold" on Looks - The Influence of Mass Media <i>Family Life and Consumer Science Social Studies</i>	Consider "looks" and the influence of media on attitudes about looks. Understand media strategies in order to reduce vulnerability and resist being "sold" unhealthy messages.	"Hardly anyone looks as perfect as the models in advertisements. I will be careful not to compare myself or others to them."
VIII: Hunger and Eating - What is and is not in our control? <i>Science</i>	If internal hunger cues are discounted, counter-productive results follow. Trust <i>hunger</i> to regulate how much to eat, <i>not</i> dietary restraint plans.	"Weight loss prescriptions or "diets" are not a good idea. People will lose weight at first, but after a while they can expect to regain it, often with added pounds."
IX: Eat Well for Confidence in Your Natural Weight <i>Health</i>	Eat for nutrition, satisfaction of hunger, energy, and enjoyment. Gain perspective on today's abundant, low-nutrient food choices. Learn <i>how</i> to eat enough nutritious food.	"Satisfy hunger completely with plenty of different, wholesome foods at regular meals."
X: Physical Activity for Confidence in Your Natural Weight <i>Health</i>	<i>Move</i> for health, energy and pleasure. Gain historical perspective on today's default sedentary lifestyles. Know <i>how</i> to include enough activity.	"It's important not to sit around too much in your free time. Being active is one of the best things you can do for your health and self confidence."
XI: Compared to whom? Selecting a standard for choosing role models <i>Literature, Health, Social Studies</i>	Fads and fashions often influence choice of role models. "Dare" to maintain integrity in the face of external pressures, & choose realistic role models.	"Choose role models you admire for things deep inside, and that make you feel good about who you are."