

LSS Pathfinder



Body Image

2017-18

Students are bombarded daily on social media and television with images of the “perfect body”. Steadily viewing images of muscled superheroes and super slim models can affect students’ own self-images, and lead to unhealthy self-criticism and eating disorders. By encouraging younger students to accept and delight in themselves, and by giving older teens an understanding about media influences and inclusion of all kinds of bodies, educators can strengthen students’ self-acceptance and self-esteem.

This is a guide to information currently available at the Library Resource Centre on **Body Image**. The Pathfinder includes resources for students, educators, as well as useful links and journal articles.

To borrow these resources, contact the Library Resource Centre at wlsslibrary@wsd1.org or call 204-788-0203 ext. 343 (VOIP 101343). These resources can also be booked online by clicking the image of a resource or its title in this pathfinder, then selecting the **Place Hold** button and logging in to the catalogue.

SEARCH TERMS:

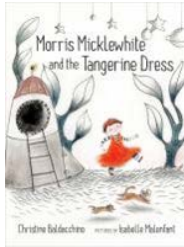
Keywords: Self-perception, identity

Subject Headings: Body image, self-esteem, self-acceptance, eating disorders

Related Pathfinders: [Gender Identity](#), [Inclusion Across the Rainbow](#)



BOOKS FOR STUDENTS

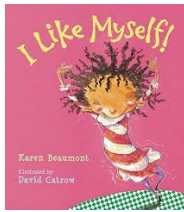


E BAL

Baldacchino, Christine. [Morris Micklewhite and the tangerine dress](#). Toronto: Groundwood Books, 2014.

A young boy faces adversity from classmates when he wears an orange dress at school.

Audience: Grades K to 3

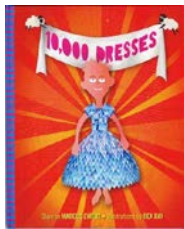


E BEA

Beaumont, Karen. [I like myself](#). Orlando: Harcourt, 2004.

In rhyming text, a little girl expresses confidence and joy in her uniqueness, no matter her outward appearance.

Audience: Nursery to grade 3



E EWE

Ewert, Marcus. [10,000 dresses](#). New York: Seven Stories Press, 2008.

Bailey dreams every night of the most beautiful, magical dresses but when she tries to share her dreams with her family, they don't want to listen. They just see Bailey's outsides and to them, Bailey is a boy. Bailey meets a friend who understands and helps make Bailey's dreams come true. An uplifting story about a gender variant child told from inside.

Audience: Grade 3 and up

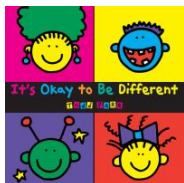


E MOR

Moroney, Tracey. [The things I love about me](#). San Rafael, California: Insight Kids, 2014.

A little bunny describes what he likes best about himself, including his fingers, his feet, his smile, and his dreams.

Audience: Nursery to grade 2

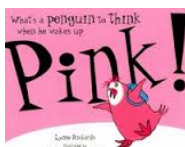


E PAR

Parr, Todd. [It's okay to be different](#). New York: Little, Brown, 2009.

This bold and brightly coloured book reassures children that differences are what make us special, and who we are.

Audience: Grade K to 6



ERIC

Rickards, Lynne. [Pink!](#) Edinburg, UK: Birlinn, 2013.

A little penguin wakes up pink. Now he's the only pink penguin in a black and white penguin world and it's hard to feel so different! When Patrick learns about pink flamingos he swims to meet them. But, they don't like the foods he eats, and they aren't his family. Patrick returns home, and discovers he is treasured, because he is unique.

Audience: Nursery to grade 3

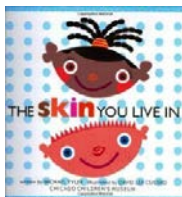


EROS

Rosenthal, Amy Krouse. [The OK book](#). New York: HarperCollins, 2007.

A character enumerates a great many things that it enjoys doing, although not great at any of them, knowing that someday it will excel at something.

Audience: Grade K and up.

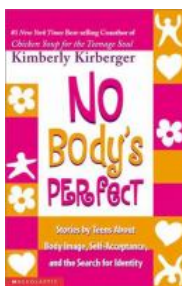


ETYL

Tyler, Michael. [The skin you live in](#). Chicago: Chicago Children's Museum, 2005.

With the ease and simplicity of a nursery rhyme, this lively story delivers an important message of social acceptance to young readers. Themes associated with child development and social harmony, such as friendship, acceptance, self-esteem, and diversity are promoted in simple and straightforward prose. Vivid illustrations of children's activities for all cultures, such as swimming in the ocean, hugging, catching butterflies, and eating birthday cake are also provided.

Audience: Grades K to 3

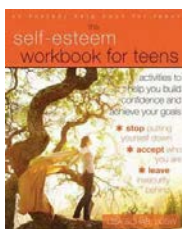


J 155.5 KIR

Kirberger, Kimberly. [No body's perfect: stories by teens about body image, self-acceptance, and the search for identity](#). New York: Scholastic, 2003.

Collection of stories by teenagers about retaining a positive body image, staying true to oneself, acceptance of positive and negative circumstances, and forgiveness.

Audience: Grade 7 and up

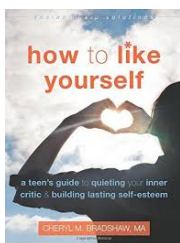


J 155.519 SCH

Schab, Lisa M. [The self-esteem workbook for teens: activities to help you build confidence and achieve your goals](#). Oakland, CA: New Harbinger Publications, Inc., 2013.

Provides practical advice and activities to help teens gain confidence, respond effectively to criticism, be assertive, and set and achieve goals. Promotes acceptance, compassion, and validation as powerful confidence-building techniques, and contains 40 activities to help the reader make positive changes in his or her life.

Audience: Grade 7 and up



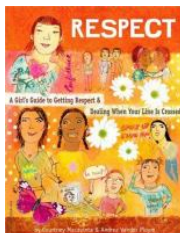
J 155.5191 BRA (also available as an [eBook](#))

Bradshaw, Cheryl M. [How to like yourself: a teen's guide to quieting your inner critic and building lasting self-esteem](#). Oakland, CA: New Harbinger Publications, Inc., 2016.

Don't let your inner critic get in the way of being confident! How to Like Yourself offers a quirky, inspiring, and practical guide to help you overcome feelings of self-criticism, improve self-esteem, and be the true star in your life.

Audience: Grade 7 and up

J 158.108352 MAC

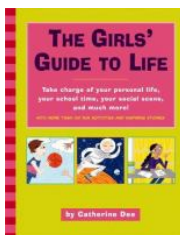


Macavinta, Courtney. [Respect: a girl's guide to getting respect and dealing when your line is crossed](#). Minneapolis, MN: Free Spirit Pub., 2005.

To be respected, girls need to know how they want to be treated, treat themselves that way, and let others know (respectfully, of course) to do the same. This helps teen girls get respect and hold on to it no matter what. It covers topics they deal with daily, like body image, family, friends, the media, school, relationships, and rumors. It confronts tough issues like sexual harassment, date rape, sex, drugs, and alcohol. It debunks the myths and stereotypes that hold girls back. Sidebars, scenarios, quotes from teens, tips, definitions, activities, and writing exercises get girls' attention and keep them involved.

Audience: Grade 7 and up

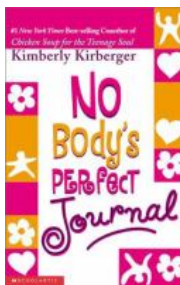
J 305.23082 DEE



Dee, Catherine. [The girls' guide to life](#). New York: Little, Brown, 2005.

Offers support, information, inspiration and activities to guide teens and help them prepare for adulthood. They can learn to cope with the issues confronting them today. Boosting self-esteem, dealing with sexual harassment, and becoming politically aware are just a few of the topics covered in this compendium of activities, poetry and personal experience stories that make the feminist issues of today come alive. Includes lists of resources and quick quizzes on relevant topics with extensive source material; lists of organizations, bibliographies and a comprehensive index.

Audience: Grade 7 and up



J 305.235 KIR

Kirberger, Kimberly. [No body's perfect journal](#). New York; Toronto: Scholastic, 2003.

This journal gives teens the opportunity to explore their own feelings about their bodies, themselves and other related topics in a unique personal way. This journal is designed to help teens express and work through their feelings on this powerful and important topic.

Audience: Grade 7 and up

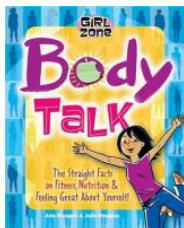


J 306.4613 MIL

Mills, Andy. [Shapesville](#). Carlsbad, CA: Gürze Books, 2003.

A celebration of the many different sizes, shapes, and colors of the people who live in Shapesville, where everyone is different and each is a star. Includes discussion questions and a note to parents and educators.

Audience: All ages



J 613.04243 DOU

Douglas, Ann. [Body talk: the straight facts on fitness, nutrition & feeling good about yourself!](#) Toronto: Maple Tree Press, 2006.

In a culture obsessed with physical perfection, it's no easy feat to have a positive self-image — especially for adolescent girls. Part of the Girl Zone series, Body Talk challenges girls to rethink the image-conscious advertising that saturates the tween/teen market. With frank information on eating disorders, fad diets, and the business of beauty, the book tackles weighty issues with humor and insight.

Audience: Grade 6 and up

BOOKS FOR EDUCATORS

155.2 BEY

[Beyond images: a self-esteem and body-image curriculum: Grade 4.](#) Toronto, ON: National Eating Disorder Information Centre, 2016.



Created by the National Eating Disorder Information Centre, **Beyond Images** is a Canadian-based self-esteem and body image curriculum created for students in grades 4 – 8, addressing a critical gap in media literacy. Students explore how and why media messages are constructed, and then learn to create their own media messages about beautify, fitting in, and self-esteem. Each grade-specific curriculum includes resources such as lesson objectives and plans, mixed media examples, evaluation rubrics, and background and fact sheets. This new resource can help students understand and develop resilience against negative messaging.

Audience: Teachers of grade 4

155.2 BEY

[Beyond images: a self-esteem and body-image curriculum: Grade 5.](#) Toronto, ON: National Eating Disorder Information Centre, 2016.



Created by the National Eating Disorder Information Centre, **Beyond Images** is a Canadian-based self-esteem and body image curriculum created for students in grades 4 – 8, addressing a critical gap in media literacy. Students explore how and why media messages are constructed, and then learn to create their own media messages about beautify, fitting in, and self-esteem. Each grade-specific curriculum includes resources such as lesson objectives and plans, mixed media examples, evaluation rubrics, and background and fact sheets. This new resource can help students understand and develop resilience against negative messaging.

Audience: Teachers of grade 5

155.2 BEY

[Beyond images: a self-esteem and body-image curriculum: Grade 6.](#) Toronto, ON: National Eating Disorder Information Centre, 2016.



Created by the National Eating Disorder Information Centre, **Beyond Images** is a Canadian-based self-esteem and body image curriculum created for students in grades 4 – 8, addressing a critical gap in media literacy. Students explore how and why media messages are constructed, and then learn to create their own media messages about beautify, fitting in, and self-esteem. Each grade-specific curriculum includes resources such as lesson objectives and plans, mixed media examples, evaluation rubrics, and background and fact sheets. This new resource can help students understand and develop resilience against negative messaging.

Audience: Teachers of grade 6

155.2 BEY

[Beyond images: a self-esteem and body-image curriculum: Grade 7.](#) Toronto, ON: National Eating Disorder Information Centre, 2016.



Created by the National Eating Disorder Information Centre, **Beyond Images** is a Canadian-based self-esteem and body image curriculum created for students in grades 4 – 8, addressing a critical gap in media literacy. Students explore how and why media messages are constructed, and then learn to create their own media messages about beautify, fitting in, and self-esteem. Each grade-specific curriculum includes resources such as lesson objectives and plans, mixed media examples, evaluation rubrics, and background and fact sheets. This new resource can help students understand and develop resilience against negative messaging.

Audience: Teachers of grade 7

155.2 BEY

[Beyond images: a self-esteem and body-image curriculum: Grade 8.](#) Toronto, ON: National Eating Disorder Information Centre, 2016.

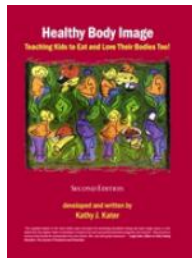


Created by the National Eating Disorder Information Centre, **Beyond Images** is a Canadian-based self-esteem and body image curriculum created for students in grades 4 – 8, addressing a critical gap in media literacy. Students explore how and why media messages are constructed, and then learn to create their own media messages about beautify, fitting in, and self-esteem. Each grade-specific curriculum includes resources such as lesson objectives and plans, mixed media examples, evaluation rubrics, and background and fact sheets. This new resource can help students understand and develop resilience against negative messaging.

Audience: Teachers of grade 8

155.2 KAT

Kater, Kathy J. [Healthy body image: teaching kids to eat and love their bodies too!](#) Seattle, Wash.: National Eating Disorder Association, 2005.

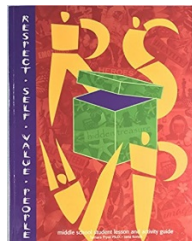


Designed to take into account all known factors contributing to the full spectrum of body image, eating, nutrition, fitness, and weight concerns, and to pro-actively teach children a model for long-term health that is realistic, non-contradictory and non-discriminatory. The model upon which the curriculum lessons are based provides both goals and the means to reach them.

Audience: Educators

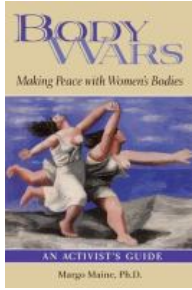
155.2 PRY

Pryor, Tamara. [RSVP: respect, self, value, people: middle school student lesson and activity guide.](#) Wichita, KS: Healing Path Foundation, 2002.



One of the prerequisites for growing up to be a strong adult is a healthy sense of one's potential, competence and value. Young people can learn to take responsibility for themselves, their own well-being and for their relations with others. In a society of increasing choices and decreasing guidance, helping young people make choices and teaching them to become more aware of the consequences of their actions becomes critically important.

Audience: Educators

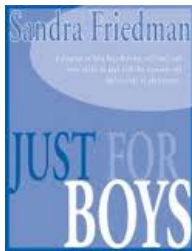


155.633 MAI

Maine, Margo. [Body wars: making peace with women's bodies: an activist's guide](#). Carlsbad, CA: Gürze Books, 2000.

In this ground-breaking study, Margo Maine declares war on a culture that dismisses, devalues, and disempowers women by making them hate their own bodies. This book covers issues from dieting and weight prejudice to concepts of beauty and ageism to sports, fashion advertising, and propaganda. With practical strategies for activists, educators, and parents, this book also contains extensive references and appendices. Body Wars takes its place alongside The Beauty Myth and Reviving Ophelia in recognizing the constant assault women face, but goes further by giving them practical tools with which to fight back.

Audience: Educators

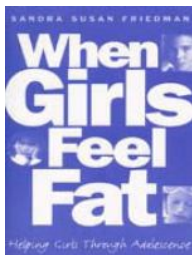


305.23081 FRI

Friedman, Sandra Susan. [Just for boys: a program to help boys develop resilience and learn skills to deal with the stressors and health risks of adolescence](#). Sechelt, B.C.: Salal Books, 2007.

The group program "Just For Boys" addresses the societal pressures on boys to conform to a rigid and traditional definition of masculinity and the resultant health risks. It is based upon a belief that body image disturbances, eating disorders, substance abuse and other such risks are coping mechanisms and developed to deal with the personal and societal stressors in boys' lives. This resource manual can be used with boys in grades 5-8 in a group setting to help develop resilience and skills to deal with stress and to prevent boys from engaging in potentially risky behaviour.

Audience: Educators

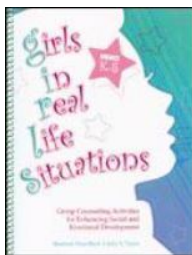


305.234 FRI

Friedman, Sandra Susan. [When girls feel fat: helping girls through adolescence](#). Toronto: HarperCollins, 2000.

This friendly guide demystifies girls' issues such as: puberty and sexuality, body image, relationship to food and weight, and relationships with parents and friends.

Audience: Educators

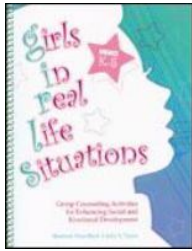


371.46 TAY

Taylor, Julia V. [Girls in real life situations: group counseling activities for enhancing social and emotional development, grades 6-12](#). Champaign, Ill.: Research Press, 2007.

A group counseling curriculum for working with girls in grades 6-12. Provides activities divided into twelve session themes. During group lessons, girls are encouraged to share feelings and struggles as they openly discuss important issues in a safe and supportive environment. They are given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions.

Audience: Educators



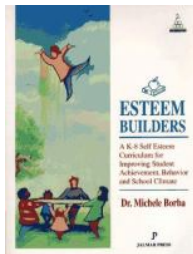
371.46 TRI

Trice-Black, Shannon. [Girls in real life situations: group counseling activities for enhancing social and emotional development, grades K-5](#). Champaign, Ill.: Research Press, 2007.

A group counseling curriculum for working with girls in grades K-5. Provides 80 activities divided into ten session themes. During group lessons, girls are encouraged to share feelings and struggles as they openly discuss important issues in a safe and supportive environment. They are given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions.

Audience: Educators

372.13 BOR

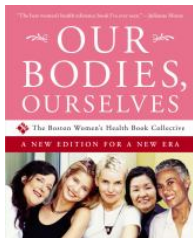


Borba, Michele. [Esteem builders: a K-8 self-esteem curriculum for improving student achievement, behavior and school climate](#). Torrence, Calif. Jalmar Press, 2003.

The skill-building approach utilized is based on thorough research. This highly acclaimed activity-driven program has been used with over one million students worldwide and proven to be effective. Through the development of the five building blocks of self-esteem, students become self-empowered and capable of internally directing themselves, display stronger inner motivation and a "take charge" attitude; personal and social responsibility go way up while incidents of verbal and physical aggression decline.

Audience: Educators

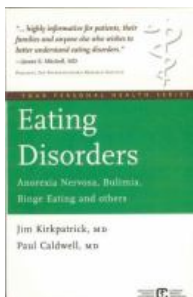
613.04244 OUR



Boston Women's Health Book Collective. [Our bodies, ourselves: a new edition for a new era](#). New York: Simon & Schuster, 2005.

An information resource for women for making key decisions about their health -- from definitive information from today's leading experts to personal stories from other women just like them. Includes the latest on nutrition and exercise; relationships, sexuality, and sexual health; complementary health practices; reproductive choices, pregnancy, and childbearing; growing older; medical testing and procedures.

Audience: Educators

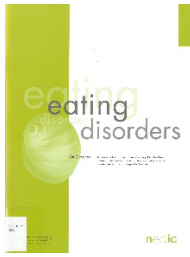


616.85 KIR

Kirkpatrick, Jim. [Eating disorders: anorexia nervosa, bulimia, binge eating and others](#). Toronto: Key Porter, 2001.

Expert advice on the causes, effects and treatment of anorexia nervosa, bulimia nervosa, binge-eating and other eating disorders.

Audience: Educators

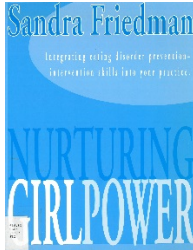


616.8526 BEA

Bear, Merry. [Eating disorders: an overview](#). Toronto, Ont.: National Eating Disorder Information Centre, 2003.

An examination of the nature of eating disorders like anorexia nervosa and bulimia nervosa, their causes and consequences, and strategies for treatment.

Audience: Educators

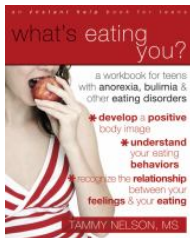


616.85260508352 FRI

Friedman, Sandra Susan. [Nurturing girlpower: integrating eating disorder prevention/intervention skills into your practice](#). Vancouver: Salal Books, 2003.

Provides a theoretical framework based on relational theory and contemporary knowledge of brain sex so that you may better understand what happens to girls (and boys) in the process of growing up that makes them vulnerable to eating disorders and the other health and social risks of adolescence.

Audience: Educators

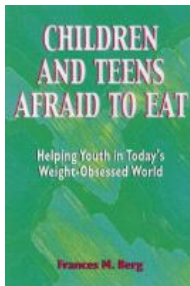


618.8526 NEL

Nelson, Tammy. [What's eating you?: a workbook for teens with anorexia, bulimia & other eating disorders](#). Oakland, CA: New Harbinger Publications, Inc., 2008.

Bingeing, purging, excessive dieting, and relentless exercising are all destructive behaviors common among young women with eating disorders. The activities in this book help teenage girls understand how their eating behaviors developed, recognize the relationship between their emotions and their eating, and learn to see their bodies in a positive light.

Audience: Grades 7 to 12

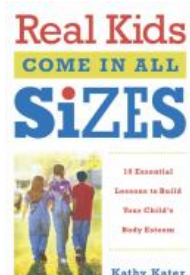


618.928526 BER

Berg, Francie M. [Children and teens afraid to eat: helping youth in today's weight-obsessed world](#). Hettinger, ND: Healthy Weight Network, 2001.

At last, a book that challenges the social pressure to be thin and documents its tragic effect on youth. The book examines six major eating and weight problems -- dysfunctional eating, the under-nutrition of teenage girls, hazardous weight loss, eating disorders, size prejudice and overweight.

Audience: Educators

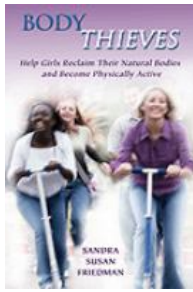


649.1 KAT

Kater, Kathy J. [Real kids come in all sizes: ten essential lessons to build your child's body esteem](#). New York: Broadway Books, 2004.

Confronting two of this country's fastest growing health problems--body image and weight concerns among children and teens--this practical guide shows parents how to help their children maintain body esteem and make healthy choices a routine part of their lives.

Audience: Educators and Caregivers

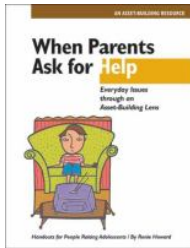


649.125 FRI

Friedman, Sandra Susan. [Body thieves: help girls reclaim their natural bodies and become physically active](#). Vancouver: Salal Books, 2002.

Provides parents and teachers and mentors with an understanding of girls' development through adolescence and examines the stressors they face.

Audience: Educators

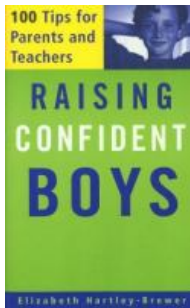


649.125 HOW

Howard, Renie. [When parents ask for help: everyday issues through an asset-building lens: handouts for people raising adolescents](#). Minneapolis, MN: Search Institute, 2003.

With reproducible articles that speak directly to parents and caregivers about the dilemmas adolescents face, this collection reframes issues from an asset-based point of view to give parents plenty of encouragement, hope, and practical ideas.

Audience: Educators



649.132 HAR

Hartley-Brewer, Elizabeth. [Raising confident boys: 100 tips for parents and teachers](#). Cambridge, MA: Fisher Books, 2001.

Boys need to be noticed, admired, understood, and accepted to feel good about themselves. Boys who lack appropriate emotional support from the adults close to them are at risk of believing they don't fit in and are likely to act accordingly, engaging in risky behaviors-including at worst using drugs and acting out violently. Raising Confident Boys teaches readers what makes boys prone to low self-esteem and provides practical, effective tips for managing these situations as they arise.

Audience: Educators and Caregivers

MULTIMEDIA

CF1281



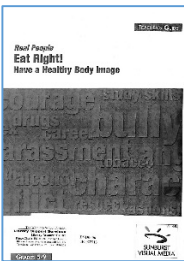
[Media & body image](#). Albuquerque, NM: New Mexico Media Literacy Project, 2008.

1 CD-ROM & presentation guides & handouts

A multimedia educational resource on media literacy and body image. Includes 38 examples that show how the media portrays the importance of body image. The clips from commercials, magazines ads and excerpts from television shows are used to encourage discussion and evaluation of media messages.

Audience: Grades 10 to 12

DVD0006



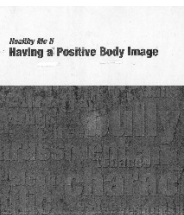
[Eat right! have a healthy body image](#). Hawthorne, NY: Sunburst Visual Media, 2004.

1 DVD (24 minutes, 50 seconds) & 1 teacher's guide (25 pages)

Bombarded by media images of reed-slender models, buff celebrities, and large-muscled athletes, legions of young people are reporting themselves dissatisfied with their looks and shape. Using interviews with real teens, this program explores the reality of how most people actually look, how young people respond to media images, and how they can maintain a positive self-image. Examines the dangers of anorexia, bulimia, overeating, and the pressures to use muscle growth-promoting hormones. Promotes self-acceptance and stresses the need to eat a healthy, well-balanced diet. Discussions are interweaved with insight and sound advice from a health professional.

Audience: Grade 7 and up

DVD0008

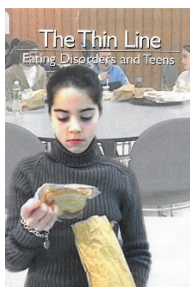


[Healthy me: having a positive body image](#). Hawthorne, NY: Sunburst Visual Media, 2004.

1 DVD (12 minutes) & 1 teacher's guide (30 pages)

Designed to urge children in the middle elementary grades to resist comparing their own bodies to those of others, especially to media images. With the goal of checking problems before they start, the program helps viewers understand that their particular body type is the result of heredity, and encourages them to accept and appreciate the body they do have and treat it well. Alerts youngsters to the dangers of comparing their own bodies to those of the models and sports figures they see in the media, saying that much of what they see is not real. Explains the concept of body type and the importance of eating a healthy diet and exercising to feel good about their bodies.

Audience: Grades 4 and 5



DVD0110

[The thin line: eating disorders and teens](#). Toronto: Kineticvideo.com [distributor], 2003.

1 DVD (16 minutes) & 1 leader's guide (13 pages)

A portrait of the early stages of anorexia, this program presents a moving account of an adolescent girl's relationship with her mother and friends, as they try to cope with her eating disorder. Peer acceptance, self-esteem, overwhelming emotions and compulsions, adolescent stress, self-destructive behavior, breaching of confidences, and media influence are among the important issues explored.

Audience: Grades 5 to 8



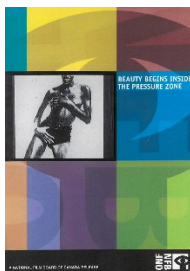
DVD0112

[Childhood obesity reversing the trend](#). Princeton, NJ: Films for the Humanities & Sciences, 2003.

1 DVD (28 minutes)

This program from The Doctor Is In presents two hospital-based programs that are helping children lose weight and keep the pounds off by setting realistic goals based on good health, not appearance. Patients talk about what it is like, from a child's point of view, to be overweight and how they have succeeded in adhering to a program of portion control and exercise to create a healthier lifestyle.

Audience: Grade 7 and up



DVD0170

[Pressure zone](#). Montreal, Que.: National Film Board of Canada, 1995.

1 DVD (12 minutes)

Telling teenagers how they should feel about themselves and their bodies is a booming business in today's marketplace. The teens in this video must choose between competing visions until they decide that accepting themselves as they are is best.

Audience: Grades 3 to 8



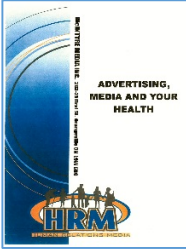
DVD0286

[This is my body: a film by high school girls](#). Montréal, Québec: National Film Board of Canada, 2007, 2006.

1 DVD (35 minutes) & 1 teacher's guide

Featuring a collage of girls' voices, this video is based on short documentary films made by a group of teenage girls over one school year. The students attended a Montreal all-girls high school and were enrolled in a media literacy and video production course. They share their experiences of what it means to be a girl at this time in their lives. They explore issues of body image, eating disorders, cutting, sexuality, friendship and parenting. They offer a message of urgency, hope and inspiration. Note: Sensitive content about cutting. Preview before screening in class.

Audience: Grades 9 to 12

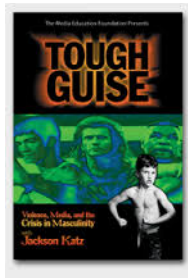
DVD0326

[Advertising, the media & your health.](#) Mount Kisco, NY: Human Relations Media, 2008.

1 DVD (19 minutes) & 1 teacher's resource guide (30 pages)

This program examines how different forms of media encourage young consumers to smoke more, drink more, eat more unhealthy foods, and take greater risks with sexual behavior. Using the latest tools in brain imaging, this program also demonstrates how violent video games may make people more accepting of violence while increasing feelings of anxiety or vulnerability. This unique presentation reminds today's teens that as they become skilled creators of media -- making their own films, music and blogs -- they can learn to look critically at media tricks. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products

Audience: Grades 7 to 12

DVD0391

[Tough guise violence, media, and the crisis in masculinity.](#) Northhampton, MA: Media Education Foundation, 2002.

1 DVD (74 minutes)

Looks systematically at the relationship between the images of popular culture and the social construction of masculine identities in the U.S. in the late 20th century. In this innovative and wide-ranging analysis, Jackson Katz argues that there is a crisis in masculinity and that some of the guises offered to men as a solution (rugged individualism, violence) come loaded with attendant dangers to women, as well as other men. Examples of male vulnerability in popular culture are shown as part of the discussion around creating "better men." The video is divided into 6 parts which enables teachers to use a specific segment as a discussion starter.

Audience: Grades 9 to 12

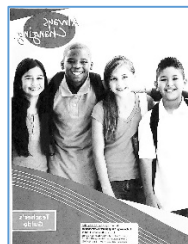
DVD0426

[Dealing with feelings.](#) Wynnewood, PA: Schlessinger Media, 2005.

1 DVD (21 minutes) & 1 teacher's guide (4 pages)

Explores how the way you feel about yourself, your friends, your family and your school affects your whole life. Students gain practical tips for communicating care and respect in relationships with friends and family as well as for dealing with everyday worries, grief, fear and big life changes. The importance of self-esteem is highlighted.

Audience: Grades K to 4

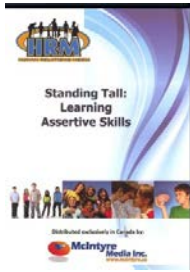
DVD0429

[Always changing: a DVD about puberty.](#) Rochester, NY: Procter & Gamble, 2008.

1 DVD (142 minutes) & 1 student guide (41 pages) & 1 teacher's guide (29 pages)

Provides information on the changes of puberty for both boys and girls. Information for the girls focuses on menstruation and the use of pads and tampons.

Audience: Grades 4 to 6



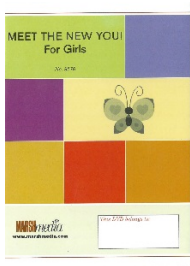
DVD1149

[Standing tall: learning assertive skills](#). Mount Kisco, NY: Human Relations Media; Orangeville, 2006.

1 DVD (25 minutes)

Teasing, bullying, peer pressure. These are all challenging for middle school kids - especially shy ones - to deal with. How should they respond when bullies, cliques, and even friends make them feel bad or treat them disrespectfully? This powerful program helps guide middle school students on the challenging road toward learning to speak up for themselves and others.

Audience: Grades 5 to 9



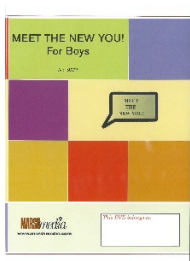
DVD1655 [612.6]

[Meet the New You! For Girls](#). Shawnee Mission, KS: Marsh Media, 2013.

1 DVD (20 minutes) & 1 teaching guide

Prepare younger students with the basics of puberty. Topics include when to expect the onset of puberty; physical and emotional changes; menstruation; the importance of good hygiene, exercise and sleep; self-esteem.

Audience: Grades 4 to 6



DVD1656 [623.6]

[Meet the New You! For Boys](#). Shawnee Mission, KS: Marsh Media, 2013.

1 DVD (20 minutes) & 1 teaching guide

Prepare younger students with the basics of puberty. Topics include when to expect the onset of puberty; physical and emotional changes; the importance of good hygiene, nutrition, exercise and sleep; self-esteem; body images.

Audience: Grades 4 to 6

KITS

KIT1226

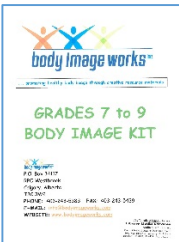


[Body image kit, grades K to 3](#). Calgary, Alta.: Body Image Works, 2005.

Provides resources to support and promote the teaching of healthy body image. Through games and interactive activities, this kit gives children an appreciation of who they are, the importance of taking care of themselves, and the value of their uniqueness. Puppet activities help students practice and integrate healthy interactions and behaviours while the video reinforces these ideas with a focus on teasing behaviours.

Audience: Grades K to 3

KIT1227

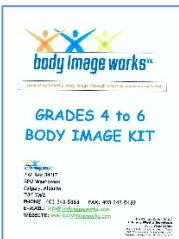


[Body image kit, grades 7 to 9](#). Calgary, Alta.: Body Image Works, 2005.

Provides resources to support and promote the teaching of healthy body image. Participant learning is reinforced through interactive activities, games and video. Students are challenged to stretch their thinking and practice not only decision-making but also problem solving skills.

Audience: Grades 7 to 9

KIT1228



[Body image kit, grades 4 to 6](#). Calgary, Alta.: Body Image Works, 2005.

Provides resources to support and promote the teaching of healthy body image. At this age level, puberty changes are addressed and self-acceptance is promoted. Games allow students to interact and share ideas about decision making related to health outcomes. Concepts such as an understanding of media and its influence are introduced and reinforced through the use of video, cassette tape and interactive activities.

Audience: Grades 4 to 6

KIT1568 [306.76]



[Straightlaced: how gender's got us all tied up](#). Blooming Grove, NY: New Day Films, 2009.

Meet 50 incredibly diverse students who take us on a powerful, intimate journey to see how popular pressures around gender and sexuality are shaping the lives of today's American teens ... Demonstrates how gender-based expectations are deeply intertwined with homophobia, and also are impacted by race, ethnicity and class. From girls confronting popular messages about culture and body image, to boys who are sexually active just to prove they aren't gay, STRAIGHTLACED reveals the toll that deeply-held stereotypes and rigid gender policing have on all of our lives, and offers both teens and adults a way out of anxiety, fear, and violence.

Audience: Grade 10 and up

JOURNAL ARTICLES

"98% of teachers say pupils are affected by concerns around body image." *Education Journal*. 7/18/2017, Issue 312, p15-15. 2/3p. Academic Search Premier/Education Research Complete. Web. 11 Sep. 2017.

Abstract: A survey conducted by the US National Union of Teachers revealed that pupils are affected by concerns about body image due to the influence of media and social media.

Ravn, Signe; Coffey, Julia. "'Steroids, it's so much an identity thing!' perceptions of steroid use, risk and masculine body image." *Journal of Youth Studies*. Feb 2016, Vol. 19, Issue 1, p. 87-102. 16 p. Academic Search Premier. EBSCOhost. Web. 11 Sep. 2017.

Abstract: This paper explores how taste and distaste, body image and masculinity play into young people's perceptions of risk related to steroid use. We argue that gendered and embodied identities are crucial to understanding the dynamics of steroid use.

Springer, Sarah I; Levitt, Dana Heller. "Eating issues and body image in elementary school: detection and prevention strategies for school counselors." *Journal of School Counselling*. Vol. 14, No. 2. 2016. 39p. ERIC. EBSCOhost. Web. 11 Sep. 2017.

Abstract: Body image disturbance continues to be recognized in increasingly younger populations. Eating issues among elementary school children have become more overt and statistically prevalent in recent years. Elementary school counselors are in important positions to provide their communities with early detection information and prevention strategies.

Carter, Allison; Forrest, Jamie I.; Kaida, Angela. « Association between Internet use and body dissatisfaction among young females: cross-sectional analysis of the Canadian community health survey." *Journal of Medical Internet Research*. Vol. 19, Issue 2. Feb. 2017. 1p. Library, Information Science & Technology Abstracts with Full Text. EBSCOhost. Web. 11 Sep. 2017.

Abstract: Recent research suggests Internet exposure, including Facebook use, is positively correlated with body dissatisfaction, especially among girls and young women. Canada has one of the highest Internet access rates in the world, yet no previous study has examined this relationship using nationally representative data. Our objective was to evaluate the relationship between Internet use and body dissatisfaction among a national, population-based sample of Canadian females 12-29 years of age. Efforts are needed to support young girls and young women to achieve and maintain a positive body image in today's digital age.

Levine, Michael P.; Smolak, Linda. "The role of protective factors in the prevention of negative body image and disordered eating." *Eating Disorders*. Vol. 24, Issue 1. Jan-Feb 2016. p.39-46. 8p. CINAHL with Full Text. EBSCOhost. Web. 11 Sep. 2017.

Abstract: The article focuses on the protective factors in improving universal-selective eating disorder (ED) prevention. Topics discussed include the success of universal and selective range programs in the sustained reduction in ED risk factors, the reasons for focusing on protective factors such as body appreciation in ED prevention programs, and sample of protective factors that could be integrated in school by teachers, coaches and staff.

Eaton, Sarah Elaine, Junyk, Myra. "Counterpoint: The Media Distorts Our Perception of the Human Body." Canadian Points of View: Body Image & the Media, 2016, p3. 1p. EBSCOhost. Web. 7 Sep. 2017.

Abstract: The article presents an argument against media portrayals of body image. The author argues that the visual messages people receive from mass media are unhealthy and unrealistic, resulting in negative body image. Popular aesthetic ideals for men and women are discussed and compared with standards of health including the Body Mass Index (BMI). It is the author's opinion that people should focus on health and beauty ideals rather than the aesthetics promoted by corporations and the media.

Burgerjon, Paula and Jacqui Clydesdale. "Body Image & the Media: An Overview." Canadian Points of View: Body Image & the Media, Jan. 2016, p. 1. EBSCOhost. Web. 7 Sep. 2017

Abstract: This article presents general information on body image and the media. The author reviews images and messages transmitted by popular media concerning body shape, size, and physical appearance. The influence of advertising, television programming, movies, and other media on self image is explored. Particular focus is given to advertising aimed at children and favorable depictions of cosmetic surgery by media outlets.

WEBSITES

About-Face...Don't fall for the media circus.

<https://www.about-face.org/>

2017.

“Create your own self-esteem workshops for the classroom”

http://selfesteem.dove.ca/en/Teaching_resources.aspx

Unilever. 2017.

“Eating Disorders / Body Image.”

<http://www.gov.mb.ca/healthyschools/topics/mental/eating.html>

Manitoba Healthy Schools. 2012.

“Eating Disorders Resources.”

<http://womenshealthclinic.org/what-we-do/pedprp/online-resources/>

Women's Health Clinic. 2017.

GirlsHealth – Be Healthy. Be Happy. Be You. Beautiful.

<https://www.girlshealth.gov/feelings/bodyimage/index.html>.

N.d.

Jessie's Legacy. “Body Image & Self-Esteem: A guide for parents and youth.”

<http://www.heretohelp.bc.ca/factsheet/body-image-and-self-esteem>

Here to Help. 2017.

Kids Health – How Can I Feel Better About My Body?

<http://kidshealth.org/en/kids/feel-better-about-body.html>

N.d.

Kids Help Phone. “Body image: How to love what you see in the mirror.”

<https://kidshelpphone.ca/article/body-image-how-love-what-you-see-mirror-0>

N.d.

Manitoba Healthy Schools – Eating Disorders/Body Image.

<http://www.gov.mb.ca/healthyschools/topics/mental/eating.html>

N.d.

“Media Education and Body Image”

<http://mediasmarts.ca/body-image/media-education-and-body-image>

Media Smarts. N.d.

Teen Talk “Body Image”

<http://teentalk.ca/hot-topics/body-image-2/>

Klinic Community Health Education. N.d.