

Nurturing a Socially Conscious Christian Household Self-Assessment: Body Diversity

Topic Area	Emerging	Advancing	Excelling
Idealized Body Types & Media	I notice that the shows my child watches and that we watch together are largely made up of idealized body types, or white, able-bodied, cisgender folks.	I am aware that the National Eating Disorder Association has found significant body dissatisfaction in young adults when exposed to idealized bodies. I make it a point to reinforce that people come in all different shades, shapes ,and sizes and that's okay when talking about others with my child.	I promote media and shows that show a diverse range of body shapes, sizes, and abilities. If I cannot find any, I am planning on reaching out to my community to see how we can advocate for more diverse representation in media for children. In fact, I'm hosting a screening of <i>Miss Representation</i> at my local school or church! I am also aware of whiteness and eurocentric beauty norms, and talk openly with my child about the media they are absorbing and ask them to notice how few or how many people of diverse shapes, sizes, and ethnicities are represented.
Diet Culture	I know diet culture can be harmful to my children, especially my daughter. That said, I just can't stop talking about my new Noom program at home.	I know that I carry some baggage based on my own upbringing and my parents' relationship to food, and I try to break that cycle in my household by sometimes remembering to affirm all bodies.	I refrain from discussing my diet in front of my child. I advocate that teachers and administrators refrain from discussing diets in front of children.

Body Shame/Body Positive Behaviors	I am aware that my own body hate could negatively impact my child's sense of self-esteem and body love.	I wore a bathing suit in front of my child even though it almost killed me to do it! I want my child to see that there is no shame in any body.	I find positive ways to celebrate my body in front of my child. I never express body-hate in front of my child.
Body Positive Inclusive language	I know what the term 'body positive' means, and I support it, and would like to learn more about it.	I notice that my child is expressing body hate or their friends are. I always affirm them by encouraging them to think about something they like about their bodies.	I reframe statements such as "I feel fat" by saying "Fat isn't a feeling. Let's find a word that describes how you're really feeling. Do you feel full? Tired? Sad? Are you just not liking yourself right now?"
Moral Value & Food/Body type	I am aware that I have been culturally taught to value myself based on what I eat or do not eat. It concerns me and I want something better for my child.	I eat and cook healthy meals in my household, AND, I emphasize that these nutrients will make us strong and keep our bodies healthy.	I focus on food as a source of energy and cooking as a way to nourish our family. I refrain from making moral judgements about my food in front of my child. I eliminate phrases such as "I'm being bad! This brownie is sinful!" or "I worked hard today. I deserve this ice cream."
People with Disabilities and Accessibility	I am aware that people with disabilities exist and are often forgotten about when planning events or activities. I'd like to do something about it.	I have inquired about collaborating with folks in my community for accessible programming. I have talked about this with my child, and make sure my child knows people with disabilities can do lots of different things, just like people with no body disabilities.	I advocate for accessible and inclusive activities for children at school and at my local church. Children of all body abilities and disabilities should know they are welcome here.