

## Positive Programs to Promote Health and Positive Body Image in Children, Tweens, and Teens

|                            |  |  |  |  |
|----------------------------|--|--|--|--|
| Developers of the program: | Connie Sobczak/<br>Elizabeth Scott   | Kathy Kater  | Catherine Steiner-Adair/<br>Lisa Sjostrom  | Jennifer O’Dea   |
| Name of the program        | The Body Positive  | Healthy Body Image   | Full of Ourselves  | Everybody’s Different  |
| Website                    | Thebodypositive.org  | Bodyimagehealth.org  | Mclean.harvard.edu/<br>education/youth   | j.o’dea@edfac.usyd.edu.au  |
| Presenter:                 | Connie Sobczak   | Kathy Kater  | Suzy Pelican & Mary Kay Wardlaw, U. Wyoming.<br>Consultant: Lisa Sjostrom.   | Jennifer O’Dea   |
| Designed for:              | 4 levels: (boys, girls, young women)<br>●BodyTalk 1: Ages 12-18<br>●BodyTalk 2: Ages 9-12<br>●BodyTalk 3: Ages 6-9<br>●College women   | Grades 4-6 boys and girls  | Healthy population of girls: 7 <sup>th</sup> to 8 <sup>th</sup> graders who then teach 4 <sup>th</sup> and 5 <sup>th</sup> graders:  | Whole school intervention in Intermediate/High School. Teens of both sexes   |
| Delivery Audience          | Grade K-12 teachers, school or community youth leadership groups, after-school programs, churches, colleges and universities   | Elementary school teachers   | Schools, after-school programs, town libraries, summer camps, churches, synagogues   | School personnel   |
| Stated goals of program    | <ul style="list-style-type: none"> <li>●Youth-led body image programs to prevent eating and body image concerns</li> <li>●BodyTalk 1: resist media messages, foster self-love, engage in activism</li> <li>●BodyTalk 2: enhance body image and self-esteem, skills to resist teasing, release shame</li> <li>●BodyTalk 3: respond to teasing, healthy eating, and playful exercise.</li> </ul> | <ul style="list-style-type: none"> <li>●Develop an identity based on inner strengths</li> <li>●Gain historical perspective</li> <li>●Understand normal weight gain during puberty</li> <li>●Respect genetic diversity</li> <li>●Aware of dangers of dieting for weight loss</li> <li>●Develop incentives for healthy eating and active lifestyles</li> <li>●Think critically about media messages</li> </ul> | <p>Prevention of eating disorders. Positive changes in:</p> <ul style="list-style-type: none"> <li>●body image</li> <li>●body satisfaction</li> <li>●body esteem</li> </ul> <p>sustained positive changes in knowledge about:</p> <ul style="list-style-type: none"> <li>●nutrition</li> <li>●weightism</li> <li>●puberty</li> </ul> | <p>Whole school approach based on self-esteem</p> <ul style="list-style-type: none"> <li>●Health</li> <li>●Puberty</li> <li>●Body image</li> <li>●Nutrition</li> <li>●Self-esteem</li> <li>●Obesity prevention</li> <li>●Prevention of eating disorders</li> <li>●Media messages</li> </ul> <p>Addresses concerns about:</p> <ul style="list-style-type: none"> <li>●Dieting</li> <li>●Eating disorders</li> </ul> |

|  |  |  |  |  |
|--|--|--|--|--|
|  | <ul style="list-style-type: none"> <li>● Young women stop dieting, eat/exercise intuitively</li> </ul>   | <ul style="list-style-type: none"> <li>● Resist unwholesome cultural pressures</li> <li>● Choose health as goal (not size)</li> </ul>  |  | <ul style="list-style-type: none"> <li>● Obsessive exercise</li> <li>● Excessive weight lifting</li> <li>● Steroid abuse</li> </ul>  |
| Format                                     | <p>Youth materials:<br/>DVD, 2 lessons and journal writing component</p> <ul style="list-style-type: none"> <li>● Children on DVDs talking to their peers</li> <li>● Youth leadership training</li> <li>● Self inquiry and creative projects</li> </ul> <p>Adult materials:<br/>● DVD-medical experts, diverse women's stories</p> | <p>Structured lesson plans (discovery/dialogue):</p> <ul style="list-style-type: none"> <li>● Lesson objectives</li> <li>● Background</li> <li>● Teach for these outcomes</li> <li>● Concepts needed to teach the lesson</li> <li>● Lesson preparation and materials</li> <li>● Lesson summary</li> <li>● Suggested lesson script</li> </ul> | <ul style="list-style-type: none"> <li>● Body centered activities</li> <li>● Importance of putting ideas into action</li> <li>● Admirable qualities in themselves and others</li> <li>● Ways girls bodies change in adolescence</li> <li>● Assertiveness training</li> <li>● Media messages</li> </ul> | <ul style="list-style-type: none"> <li>● Case studies</li> <li>● Research outcomes</li> <li>● Classroom activities</li> <li>● Worksheets, games, word puzzles</li> <li>● Teacher training</li> <li>● Community links</li> <li>● Lesson plans for interactive puberty websites</li> <li>● References</li> </ul>   |
| Evaluation                                 | <p>Leadership model used by more than 1,000 schools and communities, including 525 school districts in the state of Illinois.</p> <p>DVDs viewed by more than 1,000,000 youth worldwide.</p> <p>Formal evaluation not yet funded.</p>  | <p>Formal evaluation:</p> <ul style="list-style-type: none"> <li>● Kater, Rohwer, Levine. Eat Disord J Treat Preven 2000;8(1):3-16.</li> <li>● Kater, Rohwer, Londre. J Sch Health 2002; 72(5): 199-204</li> </ul>   | <p>Formal evaluation:</p> <ul style="list-style-type: none"> <li>● Steiner-Adair, et al. Int. J Eat Disord. 2002;32(4): 401-411</li> <li>● Sjostrom, et al. JNEB 2005; 37 suppl 2: S141-144.</li> </ul>  | <p>Formal evaluation:</p> <ul style="list-style-type: none"> <li>● O'Dea &amp; Abraham, Int J Eat Disord. 2000 Jul;28(1):43-57.</li> <li>● O'Dea, Eat. Disord. 2002;10(1):1-13</li> <li>● Wade, Davidson, O'Dea. Int J Ea Disord 2003;33:371-383</li> <li>● O'Dea. J Am Diet Assoc. 2003;103:497-501.</li> </ul> |
| Cost                                       | <p>BodyTalk DVDs-\$89.95+s/h</p> <p>Curriculum-\$26.95+s/h</p> <p>Guidebook-\$39.95+s/h</p> <p>Adult DVD-\$19.95+s/h</p>   | <p>Book (2005). Publication of the National Eating Disorder Organization \$65.00 + s/h</p>   | <p>Book (2006): Published Teachers College Press \$44.95 + s/h</p>   | <p>Book (2007). Published by ACER (Australian Council for Educational Research) \$ (Australian) 59.95 + s/h</p>  |
| Organization involved                      | Proprietary  | Proprietary  | McLean Hospital (Harvard Medical School Affiliate)   | Univ. Sydney, Australia  |
| Program developed in:                      | Berkeley CA  | St. Paul, MN   | Belmont, MA  | Sydney, Australia  |
| --Compiled by Ann Macpherson-Sánchez, 2009 |  |  |  |  |
| Workshop funded in part by CSREES-USDA.    |  |  |  |  |