

Everyone Has A Role To Play

TIPS FOR EDUCATORS TRYING TO “DO NO HARM”

The school environment has a strong influence in shaping the mind and body. Educators play a critical role in fostering mental and physical health.

✓ Teaching health and physical education:

- Highlight that weight does not reflect health by emphasizing the importance of getting enough sleep, reducing stress, and caring for mental health.
- Build self-confidence by having students highlight non-appearance based strengths, accomplishments, qualities, and personality traits instead of physical appearance.
- Incorporate media literacy tips to support critical use of social media.

✓ Promoting positive body image and confidence:

- Use non-gendered pronouns and descriptions when discussing Eating Disorders.
- Redirect focus away from weight and appearance and towards the benefits of physical activity, eating well, and sleeping enough.
- Model positive dialogue around food, exercise, and body image.

