

THE EmBRACE COLLECTIVE.

Building better body image

77%

of adolescents
report body image
distress [1]

and this
makes them

24 x

more likely to
experience
depression [2]

Body image is a big problem in our schools

THE ISSUE... OUR KIDS ARE STRUGGLING

Too many young people worry about the way they look, and these concerns hold them back from achieving their full potential. Young people who are dissatisfied with their bodies are 24 times more likely to develop depression and anxiety [2], and we know that having more positive body image means that

young people are more likely to move their bodies, eat well and avoid alcohol and other drugs. As body image experts, we hear that this is an issue for young people in schools, but that teachers often don't know how to address these concerns.



THE EMBRACE COLLECTIVE CO-EXECUTIVE DIRECTORS

Taryn Brumfitt & Dr Zali Yager



Our team

With 33 years' combined experience, more than 50 published papers, five books, two films and seven kids, this dynamic duo knows a thing or two about body image — and they've joined forces to change the world!

2023 Australian of the Year, Taryn Brumfitt, has inspired millions of people around the world to Embrace their bodies. The original *Embrace* documentary (2016) has been seen by millions of people across 190 countries,

and the Body Image Movement has over 300,000 followers on social media.

Dr Zali Yager has a health and physical education background and 20+ years' experience in body image research and teacher education. As the global authority on school-based body image programs and eating disorder prevention, Zali's focus is now on translating research to impact.

Teaching and learning *tools*

EMBRACE KIDS. CLASSROOM PROGRAM

The **Embrace Kids Classroom Program** is an evidence-based, modular resource for teachers to use in their health and physical education, or wellbeing program. Targeted at Years 5-6 and 7-8, the program aligns with the Australian Curriculum and includes five lessons that begin with a section of the *EMBRACE KIDS* film, edited for the classroom setting. Each film module is supported by easy-to-deliver activities and worksheets that are informed by evidence regarding effective health promotion and health education practice.

The program includes:

- An extensive teacher guidebook
- Five lesson plans
- Videos to play at the start of each lesson
- Google slides and worksheets to deliver each lesson

Research from Flinders University amongst 3000+ primary and secondary school students has found that this program **significantly improved** self-compassion, body appreciation, wellbeing and openness to diversity, particularly in girls.

- ✓ Easy to deliver
- ✓ Innovative and engaging
- ✓ Evidence-based
- ✓ Proven to be effective
- ✓ Freely available

94.9%
of Grade 5&6
students agreed
"I am happy with
my appearance"
after the program

72.2%
of Grade 7&8
students agreed
"I respect my body"
after the program

[Learn more and
register here](#)

The *EMBRACE KIDS* documentary

EMBRACE KIDS is an uplifting film by Taryn Brumfitt which was released in 2022 and brings together a vibrant collection of stories from young people and famous friends alike, who share their experiences about body image, bullying, gender identity, advocacy, representation and more. This film inspires, educates and advocates for change.

The four central themes of the film include:

- Celebrating diversity of appearance, including diversity of gender expression, ability, culture and size
- Appreciating the functionality of what our bodies can do, more than what they look like
- Being kind to ourselves and others
- Focusing on real role models

At the end of the film, there is a strong call to action for young people to come together to change the world — for themselves and for future generations. This advocacy approach, combined with content aligning to the core themes outlined above, is in line with best practice, research and theoretical frameworks regarding effective approaches for improving body image in young people.

[Watch the trailer](#)



Health and physical education curriculum alignment

AUSTRALIAN CURRICULUM V9

PRIMARY SCHOOL PROGRAM

Identities and change

- Explain how identities can be influenced by people and places, and how we can create positive self-identities (AC9HP6P01)
- Investigate resources and strategies to manage changes and transitions, including changes associated with puberty (AC9HP6P02)
- Investigate how the portrayal of societal roles and responsibilities can be influenced by gender stereotypes (AC9HP6P03)

Interacting with others

- Describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04)
- Describe and implement strategies to value diversity in their communities (AC9HP6P05)



SECONDARY SCHOOL PROGRAM

Identities and change

- Analyse and reflect on the influence of values and beliefs on the development of identities (AC9HP8P01)
- Analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes (AC9HP8P02)

Interacting with others

- Investigate strategies that influence how communities value diversity and propose actions they can take to promote inclusion in their communities (AC9HP8P05)

Making healthy and safe choices

- Investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeing (AC9HP8P09)
- Plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing (AC9HP8P10)



OTHER RELEVANT CURRICULUM AREAS:

- English
- Personal and social capacity
- Critical and creative thinking

These resources can be utilised as part of the student wellbeing program

Embrace Kids Teacher Masterclass

PLAY IT AT A
STAFF MEETING,
IT'S FREE!

We invite you to share the Embrace Kids Teacher Masterclass with your staff as a practical, evidence-informed professional development resource to strengthen student wellbeing and proactively address body image across your school. Our Australian Federal Government funding ensures that this resource remains freely available for teachers.

This 20-minute video gives teachers practical advice and actionable strategies about what to do and say to your students in relation to bodies, food and weight. And it's not just for PDHPE teachers or wellbeing coordinators either — this is an issue that goes across all KLAs, as bullying and body shaming comments can happen in any classroom.

The **Embrace Kids Teacher Masterclass** provides in-depth insights into understanding body image issues among students of all ages and offers practical strategies to support their wellbeing. By watching, you'll gain:

- **Expert knowledge:** Hear from our Co-Executive Director Dr Zali Yager, an internationally-recognised expert in the body image space who is known for figuring out 'what works' to help people feel better about their bodies
- **Actionable strategies:** Practical tips you can apply in your classroom straight away — no extra training required!
- **Real stories:** Hear from young people and teachers about how school activities impacted their own body image, and why it's so important to help the next generation learn to appreciate and be kind to their bodies

LEARN MORE AND
REGISTER HERE



Alignment with the AITSL
Australian Professional Standards for Teachers

STANDARD 2:
Know the content and
how to teach it

Focus Area 2.1:
Content and
teaching strategies
of the teaching area

STANDARD 4:
Create and maintain
supportive and safe
learning environments

Focus Area 4.1:
Support student
participation
Focus Area 4.4:
Maintain student safety

STANDARD 6:
Engage in
professional learning

Focus Area 6.2:
Engage in
professional learning
and improve practice
Focus Area 6.3:
Engage with
colleagues and
improve practice