

Embrace Kids Teacher Masterclass

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

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
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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