

SUPPORTING POSITIVE BODY IMAGE IN CHILDREN AND YOUNG PEOPLE

Body dissatisfaction can begin in early childhood and is a known risk factor for eating disorders and depression. Addressing body image concerns at an individual level is often insufficient without reinforcing messages across the settings where young people live, learn and play.

The following evidence-based resources support a consistent, preventative approach across home, education and community settings.

FAMILIES

Parent Masterclass

Practical tips to help children build positive body image, in one five-minute video.

Nourish, Nurture, Notice

Supports parents and carers to recognise early signs of disordered eating and take action.

COMMUNITY

Activate (community sports clubs and dance studios)

Resources to make sporting environments more inclusive and help keep young people playing for longer.

EMBRACE KIDS film

Helps young people decode the ways that advertising, social media and celebrity culture influence how they feel about their bodies.

EDUCATION

Body Blocks (early childhood educators)

Empowers young children to develop positive relationships with food, movement and their bodies from the very beginning of their lives.

Embrace Kids Classroom Program (Years 5-8)

Curriculum-aligned lessons on body image, social media, gender identity and more.

Teacher Masterclass (all school staff)

Practical strategies for responding to conversations about bodies, food and weight in any classroom.

