

**THE
EmBRACE
COLLECTIVE.**

Become an Embrace school

**HELPING YOUR STUDENTS BUILD BETTER
BODY IMAGE, FOR LIFE.**



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CHOOSE ONE THING, OR DO THEM ALL

This guide brings together
all of our resources that are
available for schools.

As the champion
for your school resources,
you can decide
what works best!

LET'S HELP THE NEXT GENERATION TOGETHER

Dear educators,

As co-directors of The Embrace Collective, we know how much you care about your students — all you want is for them to reach their full potential. However, research shows that a staggering 77% of young Australian adults report body image distress (Milton et al, 2021). That's why we created a suite of evidence-based resources to help you challenge harmful messages and empower your students.

The programs highlighted in this brochure, including the Embrace Kids Classroom Program and Body Blocks, are designed to support our young people, but they've been developed with teachers in mind. They are curriculum-aligned, so you can easily integrate them into your programming, and no further training is required — because we know your time is limited!

Beyond the classroom, you can get involved in other ways, like hosting a screening of the *EMBRACE KIDS* film to bring these important messages to your entire school community. To spread the message even further, school fundraising is a wonderful way to help us reach more kids around Australia with these life-changing resources.

Thank you for your incredible work shaping young minds and building brighter futures. The Embrace Collective is here to support you as you help your students develop resilience and positive relationships with their bodies. Together, we can create better body image for our young people, now and for generations to come.

TARYN BRUMFITT

2023 Australian of the Year

Co-Executive Director, The Embrace Collective

DR ZALI YAGER

Body image expert and researcher

Co-Executive Director, The Embrace Collective



WHY WE NEED YOU TO BE AN EMBRACE SCHOOL



All too often, body image issues and eating disorders are assumed to be problems that only affect teenagers, but these issues are impacting our young people earlier and earlier.

77%

of young
Australian adults
report body
image distress

(Milton et al., 2021)

24x

more likely to develop
anxiety and depression
if body image distress
is present

(McLean et al., 2021;
Bornioli et al., 2021)

33%

of adolescent
girls meet the
criteria for an
eating disorder

(Mitchison et al., 2020)

We need to get in early to change these statistics, and schools offer an ideal setting to combat these devastating issues. By helping your students build the foundations of better body image, you'll set them up for a life free of judgement and shame about their bodies. And that's pretty powerful!

**Spreading
kindness is a
*superpower***



HELP YOUR STUDENTS APPRECIATE THEIR BODIES WITH THE EMBRACE KIDS CLASSROOM PROGRAM

This evidence-based program is designed for students from Years 5-8. It is aligned with the Australian Curriculum, Health and Physical Education (version 9) and includes short clips from the *EMBRACE KIDS* film. The five lessons are modular and flexible, and the resources can be edited to make lesson planning easier for your cohort.



The FREE program includes:

- An extensive teacher guidebook
- Five lesson plans
- Videos to play at the start of each lesson
- Google slides to deliver each lesson
- Worksheets for students

Designed by teachers, researchers and experts, our flexible modules help you seamlessly integrate lessons that empower students to appreciate and be kind to their bodies.



Learn more and register [here](#).



PROFESSIONAL LEARNING

Play it in your
staff meeting!

TEACHER MASTERCLASS

This FREE 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 HPE 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 Teacher Masterclass comes with a handout and a certificate of completion.

Learn more and register [here](#).



ENGAGING, EVIDENCE-BASED RESOURCES FOR EARLY CHILDHOOD EDUCATORS

Introducing **Body Blocks**, our groundbreaking program that gives early childhood educators — in preschool, childcare and early primary school settings — the resources and confidence they need to help children aged 0-8 years develop positive body image at the very start of their lives.

This **FREE** program draws on the latest research, including work by Dr Laura Hart from The University of Melbourne, to counter concerning trends of body dissatisfaction at increasingly young ages, and aligns with the Early Learning Years Framework.

THIS FREE PROGRAM INCLUDES:

- Seven short self-paced online professional learning video modules
- A video of Taryn Brumfitt reading her children's book, *Embrace Your Body*
- A digital version of the *Embrace* song by Pevan & Sarah with Taryn Brumfitt
- Digital resource pack

Our early childhood educators are uniquely positioned to get in early and help young people develop positive relationships with food, movement and their bodies. So let's get started!



 **BODY
BLOCKS**

Learn more and register [here](#).

RECOMMENDATIONS FOR PHYSICAL EDUCATION AND SPORT

The **Activate by Embrace Kids** resources are designed to promote better body image in sport and physical activity settings across Australia. They specifically aim to support parents, coaches and administrators to create club cultures that prevent young people dropping out of sports and other physical activity because they feel judgement, shame or embarrassment about their bodies.



The **Activate Masterclass** is hosted by former Olympic swimmer Libby Trickett and features sports lovers from around Australia. It brings together practical, evidence-based advice and real-world examples to show clubs how they can make simple changes to create a welcoming and inclusive environment for all bodies.

The **Activate Playbook** is based on research in the area of body image, sport and physical activity, covering four key areas:

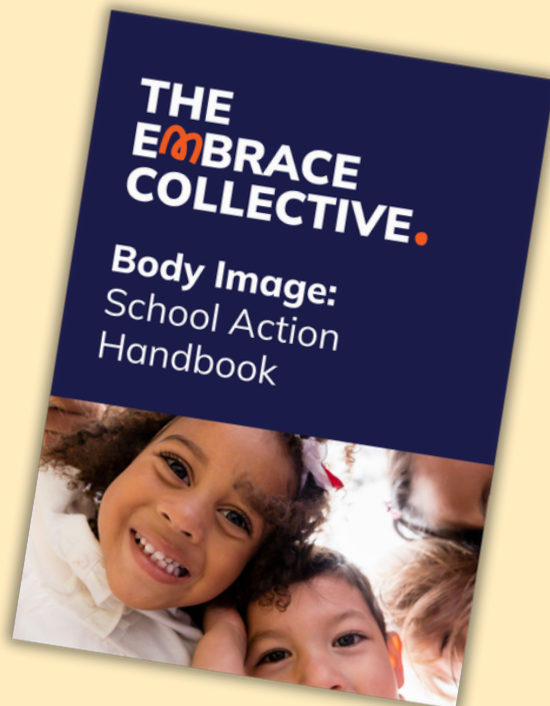
- Offering flexibility in sport uniforms
- Celebrating diversity and representing all bodies
- Banning body talk and body shaming
- Focusing on food as fuel



Learn more and register [here](#).

STAYING UP TO DATE WITH CURRICULUM AND PROGRAMMING

Sometimes, making schools safe for students is about adding in new programming, and sometimes, it's about taking things out. This booklet provides all of the recommendations for schools to know what to remove from their programming, across all key learning areas, and how to make school environments safe for all students.



In 2023, The Embrace Collective and Eating Disorders Families Australia were successful in advocating for curriculum changes through the #ByeByeBMI campaign. Read more about this advocacy [here](#).

You can review a document that outlines a summary of the changes [here](#).

LIGHT UP YOUR SCHOOL AND COMMUNITY WITH **THE *EMBRACE KIDS* FILM**

GET A SCREENING LICENSE

EMBRACE KIDS is a vibrant and uplifting film that helps students see their bodies in a whole new light. With a mix of animation, stories and music, it tackles topics like body diversity, social media pressures and finding your own unique power. It's an entertaining and powerful way to open up important conversations with young people about body image.

WHY A COMMUNITY SCREENING?

- **Bring everyone together:** Students, families, staff and your broader community can share in this positive, thought-provoking experience
- **Raise funds for a good cause:** Turn your screening into a fundraiser for The Embrace Collective or your school's own initiatives
- **Keep the conversation going:** The film will spark important discussions at home and in your community

It's easy to get started! Your license includes:

- The full-length *EMBRACE KIDS* film
- A handy planning guide
- Promotional materials to help spread the word

“So many people embraced the film's message and reflected on the importance of celebrating who they are. I can't express just how incredible it was!”

Deanna Wallis
Director, Wallis Cinemas



Find out more [here.](#)

ORDER THESE BOOKS FOR *your library*

FOR YOUNGER CHILDREN

Picture books are one of the best ways to introduce the Embrace key messages.

Find the *Embrace Your Body* book [here](#).



Our partners at Cool.org have also created learning and activity plans for some of these books — check them out!



FOR PARENTS AND EDUCATORS



Order the *Embrace Kids* book for parents and the *Embrace* magazine so your staff and school community have access to the go-to guides on how to build better body image

Shop them both here.

INSPIRE *change* THROUGH SCHOOL FUNDRAISING



You can join us in ending the epidemic of body image distress in our young people by hosting a fundraiser at your school for The Embrace Collective! Together, we can give more young people around Australia the tools and resources they need to embrace their bodies.

FUN WAYS TO GET INVOLVED:

- Themed mufti days (crazy hair, sports jerseys, etc.)
- Active challenges (fun runs, readathons, walkathons)
- Community events (fairs, talent shows, tournaments)
- Class competitions to motivate students

UNITE YOUR SCHOOL ONLINE

Sign your school up at theembracecollective.raisely.com!

Students, teachers and families can easily create their own pages linked to the school's main page. Share with friends and track your progress in real time. Check out the leaderboard and watch the thermometer rise with every donation!



WE'RE HERE TO HELP

Need resources or ideas? Our team is here to support you and loves to chat about all things fundraising. You can contact us via hello@theembracecollective.org





thank you

Becoming an Embrace school is one of the most powerful ways you can support your students' physical and mental wellbeing, now and for the rest of their lives. Thank you for being part of this important mission — we can't wait to hear how you go!

Want our **FREE** programs delivered straight to your inbox?

Sign up now at
BODYIMAGERESOURCES.COM



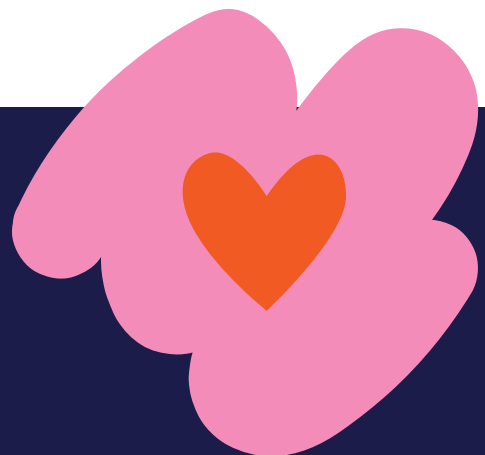
theembracehub.com



[@_theembracecollective](https://www.instagram.com/_theembracecollective)

share the love

**Tell your colleagues
about our resources**



THE EMBRACE COLLECTIVE.
Building better body image