

## BODY CONFIDENT SCHOOLS



In May 2023 the U.S. Surgeon General issued an [advisory](#) about the effects of social media on youth mental health. With regard to body image, the report warns, "Social media may perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls." Over 75% of today's adolescents report "body image distress." (Milton et al., 2021)

Research ties body dissatisfaction to eating disorders, anxiety, depression, and suicidal ideation. (Perkins & Brausch, 2019; McLean et al., 2022). Young people who don't like their bodies often suffer from low self-esteem and are more likely to abuse drugs and alcohol. (Bornioli et al., 2019). To help with these mental health issues, BE REAL's created the evidence-based **Body Confident Schools (BCS)** professional development workshop to give tested body confidence tools to the adults in children's lives.

### BCS WORKSHOP

- **Part 1:** Discusses body image issues for adolescents today
- **Part 2:** Provides 5 Steps for educators to create a Body Confident School
- **Part 3:** Trains educators on [BodyKind](#): Be Real's free, evidence-based, [HECAT](#)-compliant body image curriculum for high school that teaches students tested skills to combat appearance pressures

### IN-PERSON DELIVERY OPTIONS\*

#### Half-day Workshop

- BCS Parts 1-3, unlimited audience participants, with opportunity for participants to become [Be Real Ambassadors](#) utilizing an online test.

#### Full-day Workshop

- BCS Parts 1-3 + an afternoon session that teaches BodyKind to teachers. Unlimited number of audience participants. Opportunity for participants to become Be Real Ambassadors utilizing an online test. BE REAL has an option for evening parent talk that can be delivered in-person or virtually.

#### 1 Hour Presentation

- BCS Parts 1 - 3 with a more in-depth walk-thru of Body Kind Curriculum.

"As a father of two teenage daughters and as a principal of a high school, I found the **Body Confident Schools** presentation to be positively impactful. This presentation helped me to reflect upon prioritizing wholeness over the negative aspects of the hyper-health crazed society that bombards us and our teens daily. This presentation gives adults and educators a framework with which to assess their own relationship to being body kind and the impact upon those whose lives we play a part in. I highly recommend that educators and adults alike take part in this presentation and begin the conversation around supporting ourselves and our teens on this journey of health and wholeness."

**Erik Finnestead**

**Principal, Silver Creek High School,  
Longmont Colorado**

