

BodyKind

YOUTH SURVEY

Your Body Image, Your Voice.



YouTube <https://www.youtube.com/watch?v=tZ48BkHW huE> SafeShare.tv <https://safesha.re/3pye>

proudly
supported by

 **nib**
foundation



Let's Discuss

The survey found that almost 70% of young people 12-18 had reported being teased about their body or appearance, this mostly happened at school.

1. Why do you think appearance and body size is so an easy target for teasing and bullying?
2. Why does it sting and stick when people make unkind and nasty comments about our appearance and body size?



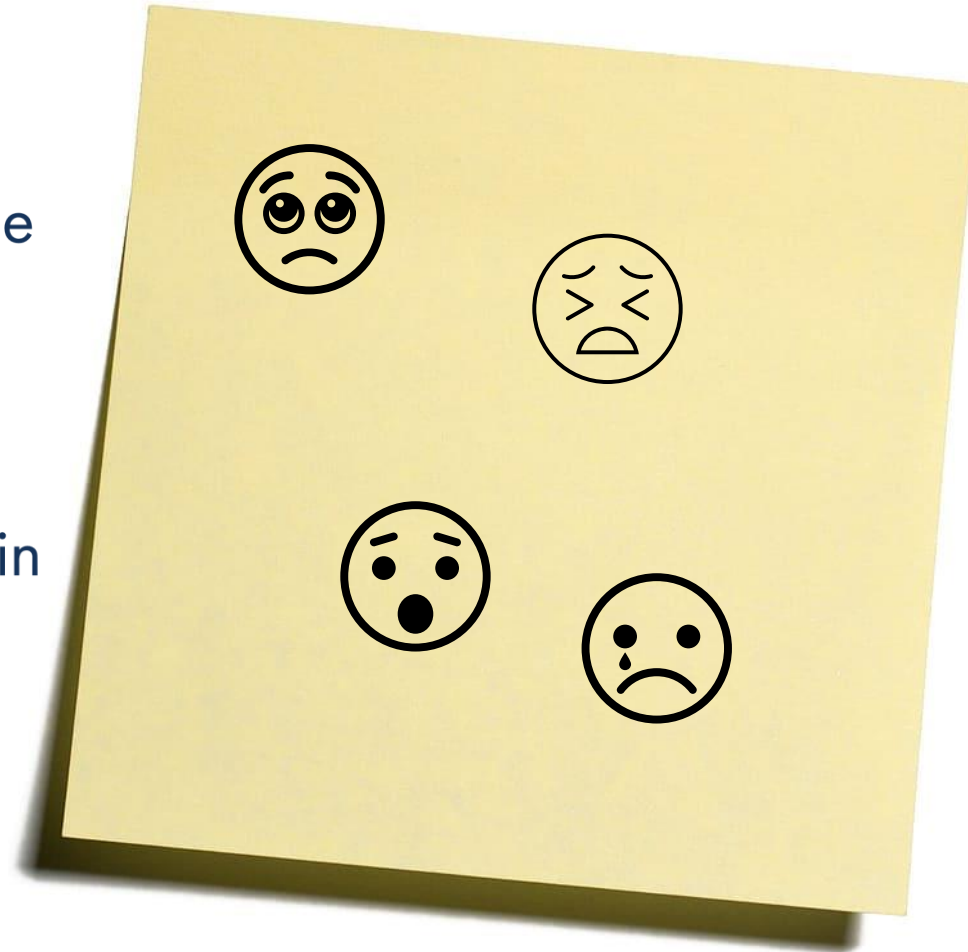
Appearance teasing and bullying can include;
facial features (nose, eyes, ears), colourings (skin, hair colour), body size (weight, height, muscularity)
complexion (acne, pimples, freckles)




Reflection Activity

WRITE down all the different feelings someone might experience and/or the things they might do, if they were teased about their appearance.

SCRUNCH these up and throw them in the middle of the room when you're done.





I am worth so much
more than how I look.

My body is not perfect
and that is ok. I am
enough.

My body deserves
kindness and
respect

**BodyKind Affirmations are
powerful tools!**

Write a BodyKind Affirmation – put
it in your phone as a note, wallpaper,
create an image, set it as a reminder,
follow positive affirmation pages on
socials.
Read it often!



Let's Discuss



**But what
about
banter?**

BodyKind
SCHOOLS



Let's Discuss



What are some
signs to let us know
that banter has

crossed the line?



What do we think about these responses? One was said in the clip just played?

Who's behaviour should change?

"Calm down,
it's just a bit of
banter"

"Get over it
and stop
sooking"

"They should
just toughen
up"

"Why are they
upset? It's
true"

Let's Develop a Body Kind Student Code of Conduct.

A student code of conduct includes a **range of expected behaviours** that students agree to uphold.

The Body Kind Student Code of Conduct is to include the expected language and behaviours **to prevent and manage body and appearance teasing and bullying.**

1. Work in assigned small groups (nominate a scribe and a spokesperson(s))
2. Spend 10 mins discussing the TOP 5 expected behaviours that you believe should be included in the BodyKind Student Code of Conduct.
3. Each group to present their TOP 5 ideas to the whole class. Identify common themes from each group.
4. Decide the 5 expected behaviours to be included in the BodyKind Code of Conduct to help prevent appearance bullying and teasing at school.

The Body Kind Pledge

Being Body *Kind* takes practice,
what can you do to be more
Body *Kind*?

To yourself and to others?



I will be *kind* to
my own body by:

I will be *kind* to
others by:



If you feel that you need to talk to someone
about anything explored today,
please reach out to:

Talking Helps!

- Teacher / School Wellbeing Team
 - Trusted Adult (or trusted friend)
- Kids Helpline www.kidshelpline.com.au
- Butterfly National Helpline www.butterfly.org.au/helpline