

THE EMBRACE COLLECTIVE.

Empowering teachers to build better body image with the Embrace Kids School Curriculum

The Embrace Kids School Curriculum provides educators with an engaging, evidence-based suite of lessons, engaging videos and classroom resources to build better body image in Grade 5-8.

This evidence-based, modular resource includes four lessons that begin with a short 10-15 minute video to engage young people, followed by evidence-based activities. The program pack contains all the videos, slides and worksheets teachers need to deliver these lessons with confidence, without the need for additional training. Teachers can deliver as many lessons as their health curriculum allows.

Access this curriculum

This resource is available for \$79 USD, providing three years of access. It can be shared with as many teachers and used to reach as many students as needed during that time. You can purchase online [here](#), and for group rates and bulk discounts, contact Dr Zali Yager using the details below.

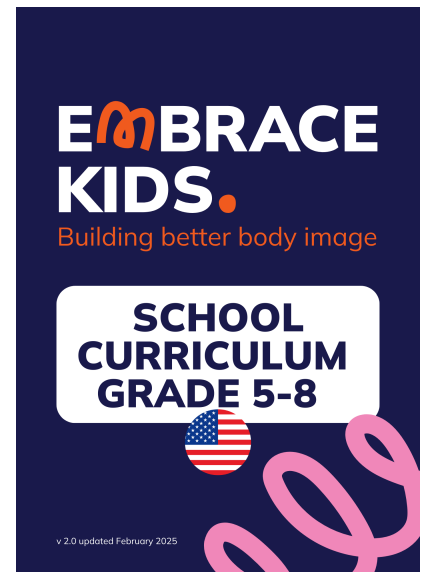
Research supporting this curriculum

The Embrace Kids School Curriculum is based on the latest science behind the approaches that can build better body image in young people—appreciation of body functionality and self compassion.

Two studies have been conducted to evaluate the efficacy of this program:

- 1) A pilot study confirmed that 10-12 year old young people who received this program had [a significant increase](#) in their level of self compassion as a result of engaging in this program
- 2) A pragmatic controlled trial conducted in 22 schools in Australia with 2000+ participants found that students who participated in the program had improved wellbeing in the primary cohort, and self-compassion in the secondary cohort one week at post-test. This study is currently being prepared for publication.

100% of teachers in Grade 5 and 6 said they would recommend this program to others.



The key messages promoted in this curriculum include:

- **Respect for every body:** Reminding young people that everyone looks unique and it is these differences that make the world amazing.
- **Be kind to yourself (and others):** Being kind to ourselves is incredibly beneficial for our mental health. The more we practice speaking to—and treating ourselves—with kindness, the more automatic it becomes. Being kind to ourselves can also help us to be more compassionate with others too.
- **Focus on what your body can do:** The more we appreciate the functionality of our bodies, the less we tend to focus on our appearance. Helping young people develop this perspective encourages them to see themselves as more than just objects to be viewed. It allows them to shift their focus toward who they are and what they contribute to the world, rather than solely on how they look.
- **Real role models:** We know that the media and social media has a huge impact on the way we feel about our bodies and ourselves. We want to encourage kids to develop their social media literacy skills, to recognise what is real and curate their feed to ensure that it helps them feel good.

The scope of the problem:

Body image is a big issue for young people. According to the Global Health and Wellbeing Survey, [75% of 16-25 year olds](#) are experiencing body image distress. Young people who are dissatisfied with their bodies are [24 times](#) more likely to develop depression, and body image is also one of the strongest predictors of [eating disorder development](#), which is associated with [self harm](#) and [suicide](#). In contrast, people who appreciate their bodies are [more likely to look after them](#)—to engage in physical activity, eat fruit and vegetables and use alcohol and other drugs less.

Health Standards alignment

The Embrace Kids School Curriculum is aligned with the Center for Disease Control [CDC] National Health Education Standards in Topic 3: MENTAL AND EMOTIONAL HEALTH

STANDARD #1: Students will comprehend concepts related to health promotion and disease prevention.

- MEH1.8.9 Identify role models who demonstrate positive mental and emotional health.
- MEH1.8.41 Describe how stereotyping, bullying, harassment, bias, prejudice, and discrimination can impact mental and emotional health.
- MEH1.8.42 Explain why it is wrong to tease or bully others based on personal characteristics.
- MEH1.8.43 Identify ways to prevent and address bullying, harassment, bias, prejudice, and discrimination.

STANDARD #2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- MEH2.8.5 Explain how friends, family, media, society, and culture can influence self-concept and body image.

About The Embrace Collective

The Embrace Collective is a health promotion charity with a vision for a world where people are free from feelings of pressure, judgement and shame about their bodies. Building better body image from the beginning has the power to minimise lifetime risk of issues like eating disorders, depression and anxiety—and to help people achieve optimal health and wellbeing.

Led by 2023 Australian of the Year Taryn Brumfitt and international body image expert Dr Zali Yager, The Embrace Collective brings together a global network of researchers, experts, advocates and lived experience advisors to inform programs, advocacy and campaigns that will change the way the world thinks and feels about bodies, weight and health. Through our suite of age-appropriate Embrace Kids programs and resources, we get in early to teach the message of body appreciation to young people and support the adults around them to create a culture of kindness and body inclusion in all the places where young people live, learn and play—to build better body image now and for generations to come.

Taryn Brumfitt: 2023 Australian of the Year, Taryn Brumfitt is the founder of the Body Image Movement, Co-Executive Director of The Embrace Collective, and director of the inspiring documentaries *EMBRACE* and *EMBRACE KIDS*. Taryn featured on the *Today Show* after her viral ‘before and after’ photo sparked a global movement in 2015. She is the author of five books and a sought-after international speaker who has delivered more than 200 keynote addresses, including her talk at Google HQ that was live-streamed to every Google office around the world. Taryn's crusade to help people Embrace their bodies has reached more than 200 million people. Among her many accolades, her work has been recognised by an honorary Doctorate from Flinders University, and global advocacy groups including UN Women, Amy Poehler's Smart Girls and the Geena Davis Institute. With a powerful message and unwavering commitment to her cause, Taryn is a true force to be reckoned with.

Dr Zali Yager is an internationally-recognised body image expert focused on figuring out ‘what works’ to build better body image. Zali has a Health and Physical Education background, spent 20+ years in research and teacher education, and is an Adjunct Associate Professor in the Institute for Health and Sport at Victoria University in Australia. A Leverhulme postdoctoral fellow, Creswick travelling fellow at Harvard University, and Westpac Social Change Fellow with over 60 published papers, Zali has presented her work all over the world. Now focused on research translation for health promotion, Zali is the architect of strategic innovation and advocacy as Co-Executive Director of The Embrace Collective alongside 2023 Australian of the Year, Taryn Brumfitt. Together, this dynamic duo have taken their mission to Prime Ministers, Professors, and Presidents, from Parliament House in Australia, to the White House in the USA.

Contact Information:

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