



Developing attitudes, behaviours and language that impact body image

# Any Body's Cool for youth



This workshop engages participants to critically analyse multimedia messaging and reflect on how attitudes, behaviours and languages impact the body image of themselves and others.

This is an interactive session delivered by a qualified facilitator over two classes. Prior to delivery, a teacher session is held to support the long-term objective of positive body image in schools.

**Australian Curriculum Links:**  
[Years 7,8 - \(ACPPS070\), \(ACPPS074\), \(ACPPS075\) & \(ACPPS077\)](#)

FREE to ACT schools

## By the end of the session you will:

Know what 'body image' is, and its impact on thoughts, feelings and actions

Be able to identify helpful and unhelpful messages and their sources

Be able to identify the impact of traditional and social media in re-enforcing unrealistic beauty ideals

Know where to go for help for body image concerns

Be able to identify how body image can be influenced

Understand the impact that appearance based teasing can have on a person

Have healthy strategies to maintain their physical and mental health

*"I was always feeling horrible about myself. The program changed the way I think about myself."*

**-Student, Year 7**

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