

Fostering a positive body image environment

Some important reminders for all educators

Across your school, please consider whether general school activities have the potential to cause unintended harm. Please avoid:



Weighing or measuring students.

This should NOT be part of any classroom activity and can have long lasting negative impacts



Using physical characteristics

to organise students into groups. It invites unhelpful comparisons. Use any other strategy.



Asking students to keep a food diary

or activities critiquing their own food choices/lunchboxes. It encourages food shaming and a preoccupation with eating in vulnerable students.



Providing nutrition education

which encourages dieting, reading food labels for calorie intake or talks about food as good or bad.



Commenting on students' appearance (positively or negatively)



Providing eating disorders education based on fear, stigma or judgment

or which includes details of behaviours, measurements or imagery of stereotypical presentations, including people of low weight.



Using curriculum content/exam questions

that include anthropometric measurements or body mass index charts and calculations



Talking about your own diet and fitness practices or advising students about their own

(unless invited to and qualified to do so)