

Workshops for Children & Youth: Body Image, Media Literacy & Self-Esteem

At the National Eating Disorder Information Centre, we know the harmful effects that pressures on appearance and body-based bullying can have. Now, more than ever, young people are continually influenced by outside sources about what to wear and how they should look. One in seven Canadian teens, and 40% of 11 and 12 year olds are teased about their appearance, making body-based bullying the most common form of bullying in today's schools. That is why we've created accessible, creative, and interactive workshops for children and youth. These workshops serve as an introduction to the ways in which culture and media can contribute to perceived physical ideals and the effect this can have on our health, happiness, and self-image.

Our friendly and knowledgeable presenters use activities, discussion, and audio-visual tools to:

- Engage young people in critically examining the media they encounter daily, including social media;
- Address misconceptions relating to dieting;
- Introduce young people to Health at Every Size (HAES);
- Provide resources for young people who may already be experiencing food and weight preoccupation or an eating disorder;
- Empower young people to foster a school culture that celebrates natural physical diversity.

Our workshops are:

- Gender inclusive;
- Appropriate for audiences in grades 4-12;
- Classroom or assembly style;
- 1-2 hours in length (depending on your needs);

About us

The National Eating Disorder Information Centre (NEDIC) is a non-profit organization founded in 1985 to provide information and resources on eating

disorders and food and weight preoccupation. To learn more about NEDIC, visit us online at www.nedic.ca or call our toll-free national helpline at 1-866-633-4200 (416-340-4156 in Toronto).

For more information, or to book a workshop, contact:

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