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Titolo	Positive body image for kids: a strengths-based curriculum for children aged 7-11
Pubbl/distr/stampa	Jessica Kingsley Publishers
ISBN	1-78450-047-X
Descrizione fisica	1 online resource (250 p.)
Disciplina	372.370440941
Soggetti	Body image in children Health education (Elementary) Identity (Psychology) in children
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- Why do we need to teach children about body image? -- The purpose of this resource and links to the curriculum -- General guidance on delivering the programme -- Staff training -- The sessions -- Involving parents and carers.
Sommario/riassunto	Body worries are increasingly affecting younger children. Girls as young as five are worried about the way they look and their size, and a third of boys aged 8-12 are dieting to lose weight. This 16-session curriculum aims to provide children with the information and understanding they need in order to maintain and celebrate a healthy and positive body image. Focusing on building individual strengths and self-esteem, the sessions develop children's sense of identity and the ability to recognise and celebrate each other's strengths and talents. The influence of the media, peer pressure and healthy lifestyles are also covered. This ready-to-use curriculum includes a training session for staff, information about how to deliver the programme, guidelines on creating a whole-school approach, a parent workshop and creative activities with photocopiable worksheets. Focusing on an increasingly important issue, this is an ideal programme for teachers, youth workers and others working with children aged 7-11.