

Who Should Use Every BODY Is A Somebody

Every BODY Is A Somebody is designed to help teachers, nurses, guidance counselors, educators, and other support staff initiate discussions among teen girls about factors that influence body image. The manual is primarily designed to complement school curriculum, but can also be used as part of a body image support group for female students, or as part of individual counselling.

Prior to using the manual, educators should familiarize themselves with the school's procedure for notifying parents and should be knowledgeable about community resources in the event that students disclose eating problems or an eating disorder.

The **Body Image Coalition of Peel's** Directory of Resources and Services for the Prevention and Treatment of Eating Disorders can be accessed at www.bodyimagecoalition.org. Resources can also be obtained through **Health Line Peel** (905) 799-7700.

Educators working outside the Region of Peel can contact their local health department or the **National Eating Disorder Information Centre** (416) 340-4156 for a list of resources in their area.

Structure of Every BODY Is A Somebody

Each chapter contains the following components:

Broad Topic Provides a brief introduction to the lesson.

Rationale Explores why the topic is addressed.

Objectives Summarizes what the student will learn by participating in the activities and/or by being taught information from the Background section.

Background Provides the educator/facilitator with background information on the particular topic. Educators are strongly encouraged to explore further resources, and to choose appropriate information that is relevant for the age level of their student audience.

Bibliography Provides a list of resources for additional reading.

Activities Outlines exercises that enhance learning of the information presented in the Background. A minimum of 3 activities is recommended. The handouts bound in the manual may be photocopied and distributed.

