Most Students in Illinois need Body Confidence

Creating a body confident environment in schools has never been more challenging. The uptick in students' visual social media — like Instagram and Snapchat — has created an environment where 75% of female adolescents and 50% of male adolescents consider their body image a major concern in their lives.

Adolescents' body image concerns affect their mental health and self-care objectives. They factor into their school performance as well as their ability to achieve potential in other areas of their lives.

For: Teachers, Coaches, Parents, Administrators

What: Professional Learning Opportunity:

How To Create A Body Confident School Environment

- Participants in this course will gain awareness of where body image issues arise for adolescents and learn how to address them in their school.
- Participants will also learn how to engage parents in a Body Confident Family Engagement Program.
- Participants will be introduced to an evidence-based, HECAT-standard-compliant Body Image Curriculum that can be taught in health or advisory classes.
- Participants will receive toolkits for teachers and coaches on body image issues.

Presentation Options:

- 90 Minute Presentation -- “Body Confidence in the Schools”
- Half-day Workshop -- “How to Create a Body Confident School Environment”

Presenter: Denise Hamburger is a body image facilitator for the National Eating Disorder Association (NEDA) and The Body Positive. She is an ambassador for National Association of Anorexia Nervosa and Associated Disorders (ANAD). She has been teaching Dove’s Confident Me! body image curriculum in middle schools and high schools on the North Shore of Chicago. Denise is working with the Illinois State Board of Education to help introduce body image curriculum to schools in Illinois. Denise authors a blog called My Body, Myself.