

Resource Manuals

Adderholdt-Elliot, M. (1987). **Perfectionism: What's bad about being too good?** USA: Free Spirit.

Body Image Coalition of Peel (1997). **Every BODY is a Somebody**: An active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle for adolescent females: Facilitator's Guide. Brampton, Ontario. (bodyimagecoalition.org).

Bryden P., & Jasper, K. (2001). Body image therapy manual for adolescents with eating problems (Facilitator's Guide and participant workbook). Southlake Regional Health Centre Eating Disorder Program, Newmarket, Ontario.

Dairy Farmers of Ontario (1999, revised on website in 2002). **Project Apex: Action program on eating and exercise. (Teachers Guide Grades 4-6)**. Mississauga, Ontario.

Davis, R., & Phillips, W. (1994). *Turning points: A psychoeducational program for overcoming an eating disorder*. Toronto: Toronto Hospital, Eating Disorder Outpatient Clinic.

Department of Public Health, Hamilton/Wentworth Health (1995). **Getting there is half the fun**. An active learning program on positive self-image, healthy eating, and active living for pre-teens (grade 6) (Teacher's Guide).

Dieticians of Canada and Kellogg's Logos (2000). **Mission Nutrition – It's All About Growth**. First Draft Web Site Copy.

Elias, M. J., & Tobias, S. E. (1990). **Problem-solving/Decision-making for social and academic success**. Washington: National Education Association.

Fraleigh, J., Schmelefske, J., Henderson, K., & Pinhas, L. (1998). **Why Weight?** A psychoeducation program for teens with eating disorders and their families. SouthLake Regional Centre, Newmarket, Ontario.

Freedman, S. (2000). **Nurturing girlpower**: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice. Vancouver, BC: Salal Books.

Halton Regional Health Department, Mental Health Promotion Program. (1997). **Helping Youth Develop A Healthy Body Image**: Information on how parents and role models can help.

Halton Regional Social and Community Services Department, Children Health Services. (1997). **Helping Children Develop A Healthy Body Images**: Information on how parents, role models and caregivers can help.

Hipp, E. (1995). Revised and updated **Fighting invisible tigers**: A stress management guide for teens. USA: Free Spirit.

Laliberte, M. (2004). Making changes: A manual for group-based, cognitive behavior therapy for eating disorders (Therapist manual and group participant manual). St. Joseph's Health Centre Eating Disorder Program, Hamilton, Ontario.

Ontario Physical and Health Education Association (2000). **Health and Physical Education Curriculum Resource for Grades 6, 7, 8**. Toronto, Ontario (www.ophea.org).

Region of Peel Health Department, Toronto Public Health, York Region Health Services. **Discover Healthy Eating**. A Teacher's Resource for Grades 1-6, 1999.

Schmitz, C. C., & Hipp, E. (1995). Revised and updated **Fighting invisible tigers**: A stress management guide for teens (Workbook). USA: Free Spirit.

Lecroy, C. W., & Daley, J. (2001). **Empowering adolescent girls: Examining the present and building skills for the future with the GO GRRRLS Program**. New York: Norton.

Web Addresses

The Student Body: Promoting Health At Any Size (Sick Kids)

<http://www.aboutkidshealth.ca/thestudentbody>

Discover Healthy Eating Manual:

http://www.city.toronto.on.ca/health/dhe_index.htm

Ministry of Education Curriculum on Health & Physical Education

<http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>

Dairy Farmers of Ontario (Project Apex)

<http://www.teachnutrition.org/default.aspx?SectionId=127>

Ontario Physical and Health Education Association

<http://www.ophea.org>

Mission Nutrition 2000

<http://www.missionnutrition.ca/missionnutrition/index.html>

Media Awareness Activities (Canadian site)

<http://www.media-awareness.ca>

Salal Books – re: Sandra Friedman's Work

<http://www.salal.com> Mailing address: Salal Books
#309 101-1184 Denman St.
Vancouver, BC V6G 2M9
Tel: (604) 689-8399

Health Canada

<http://www.hc-sc.gc.ca/nutrition>

Growing Healthy Kids

<http://www.growinghealthykids.com>

Reflections of Me: The ETFO Body Image Project

Stay tuned for more information on the Body Image Project made available through the Elementary Teachers' Federation of Ontario.

<http://www.etfo.ca>

Bodysense: A position body image initiative for female athletes.

www.bodysense.ca

Videos

Behind Closed Doors (8 minutes)

Part of this video was shown during the teacher information session at the start of the Healthy Schools-Healthy Kids Program.

The video focuses on the media – specifically how the images that the media uses are not exactly what they seem. The video shows what goes into creating the “perfect” magazine cover – from the make-up, to the lighting, to clothing alterations, to the many high-tech touch-ups. It is very interesting to see all of the behind the scenes work that goes in to creating a magazine cover – an image that is viewed by many as the standard of beauty.

Contact: **Remuda Ranch Foundation**
www.remuda-ranch.com
Tel: 1-800-445-1900

Body Talk 1 – Teens Talk About Their Bodies, Eating Disorders and Activism (1999) (28 minutes)

This is an excellent video that focuses on body acceptance issues for both girls and boys. The philosophy behind the video is “the belief that the best way to reach teens is through the voices of their peers”. Girls and boys from diverse backgrounds and a range of socio-economic status and body sizes discuss the messages they receive from media, family, and friends about their bodies and eating patterns. This documentary focuses on their resulting struggles, how they resist change, and how they heal.

Body Talk 2 – It’s a New Language (2002) (17 minutes)

Focuses on body acceptance issues for both girls and boys, ages 8-13. Children of diverse backgrounds and sizes talk about puberty, teasing, trying to fit in, and the pressure to look a certain way (2001).

Body Talk 3 – My Special Body (2004) (20 minutes)

Teaches children (ages 6 to 9) that health can come at any size, to eat when they are hungry and stop when full, and to move because it feels good. Children of diverse backgrounds, shapes and sizes talk about the negative impact of being teased because of how they look, solutions for coping with those situations, the benefits of eating healthy foods, and why exercise is fun.

Contact: **Gurze Books**

P.O. Box 2238
Carlsbad, CA 92018
Tel: 1-800-756-7533 Fax: (760) 434-5476
Email: gzcatl@aol.com

Body Image for Boys (Grade 9 and up) (approximately 15 minutes)

McIntyre Media Inc
203-75 First Street
Orangeville, Ontario L9W 5B6

Tel: 519 942-9640 toll free 1-800-565-3036
email: info@mcintyre.ca
website: www.mcintyre.ca

Real People – Gossiping, Taunting, Bullying: It’s All Harassment (30 minutes)

As the title states, this video focuses on the topics of gossiping, taunting and bullying. The video features a school counsellor in a question and answer session with a real class of high school students. Interspersed with the discussions are re-enactments of situations where students at school are the victims of gossip, taunts, and/or bullying. The students and counsellor discuss how it feels to be a victim of these negative acts and what the students can do when they are in various situations. The re-enactments include possible responses to gossip, taunts, and bullying that students should find both reasonable and believable.

Contact: Sunburst Videos
Tel: 1-800-431-1934
Fax: 1-877-517-4576

Boys Will Be Boys. Contact: Educational Sales, CBC (Y8Q9509).
Tel: (416) 205-6384.

Get Real (1995). A Canadian video on dieting, peer pressure, coping skills, self-esteem and body image (35 minutes).

Take Another Look (1994). A Canadian video on media and peer pressures adolescents encounter as they become aware of their changing bodies (24 minutes).

This video is a “dramatic fantasy” on self-esteem for young viewers from Grades 6 to 8. Its fresh approach encourages discussion on self-esteem, body image, the beauty and diet industries, self-respect and the need for peer support. The video follows the adventures of Sarah, an average looking girl who is unhappy with her appearance. As she criticizes herself in the girls’ washroom, she tumbles into *Glamland* and begins her journey toward self-acceptance.

Contact: McNabb & Connolly/Weston Woods
60 Briarwood Ave.
Port Credit, ON L5G 3N6
Tel: 905-278-0566
Fax: 905-278-2801