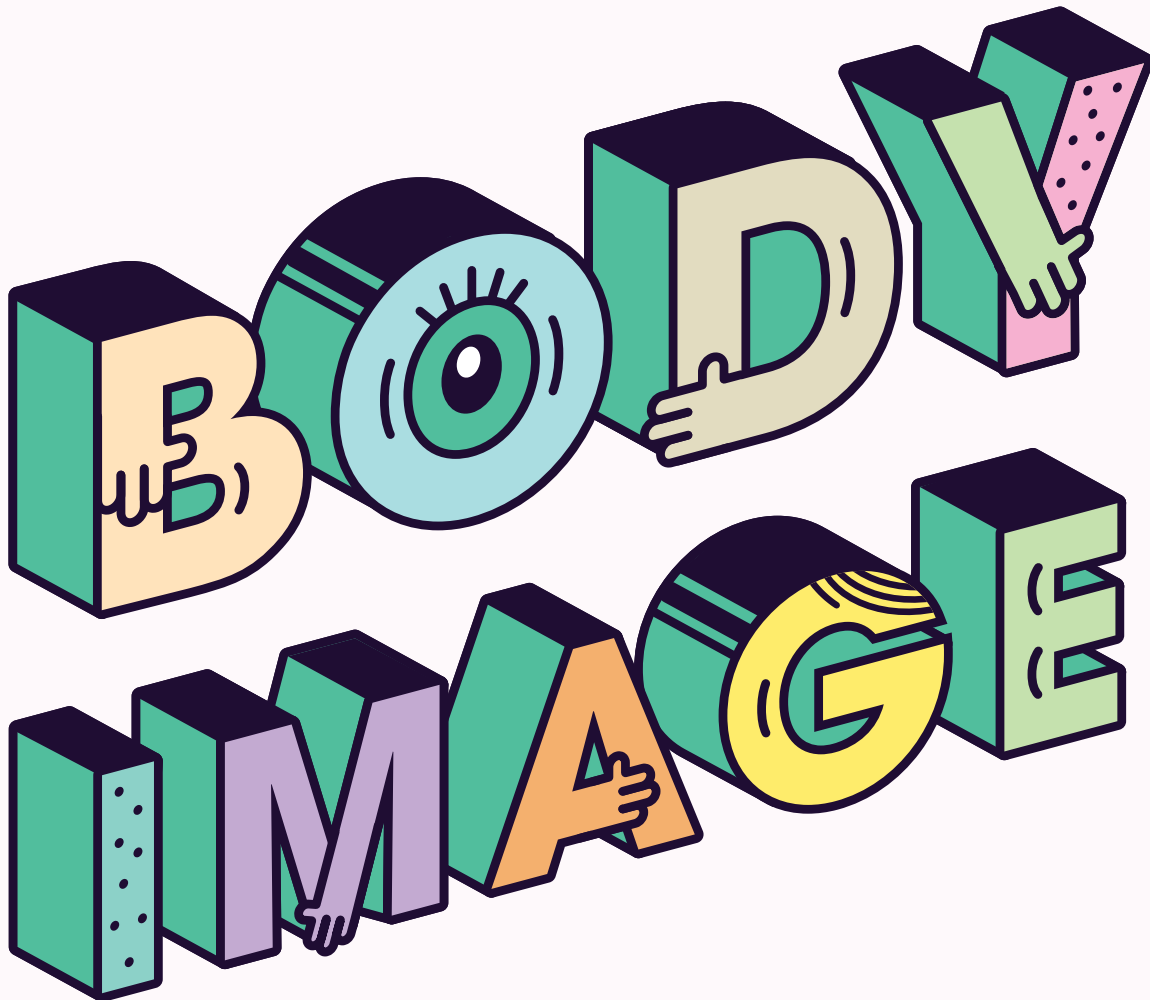




Peer
Education
Project



Mental Health
Foundation



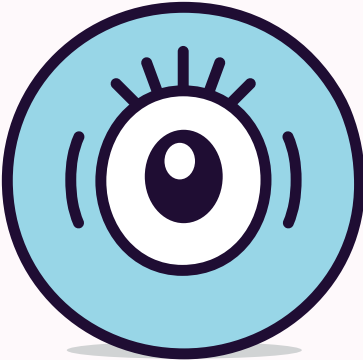
**How we think and feel
about our bodies.**

**A guide for staff
supporting young people**

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'Body image' is a term that can be used to describe how we think and feel about our bodies.

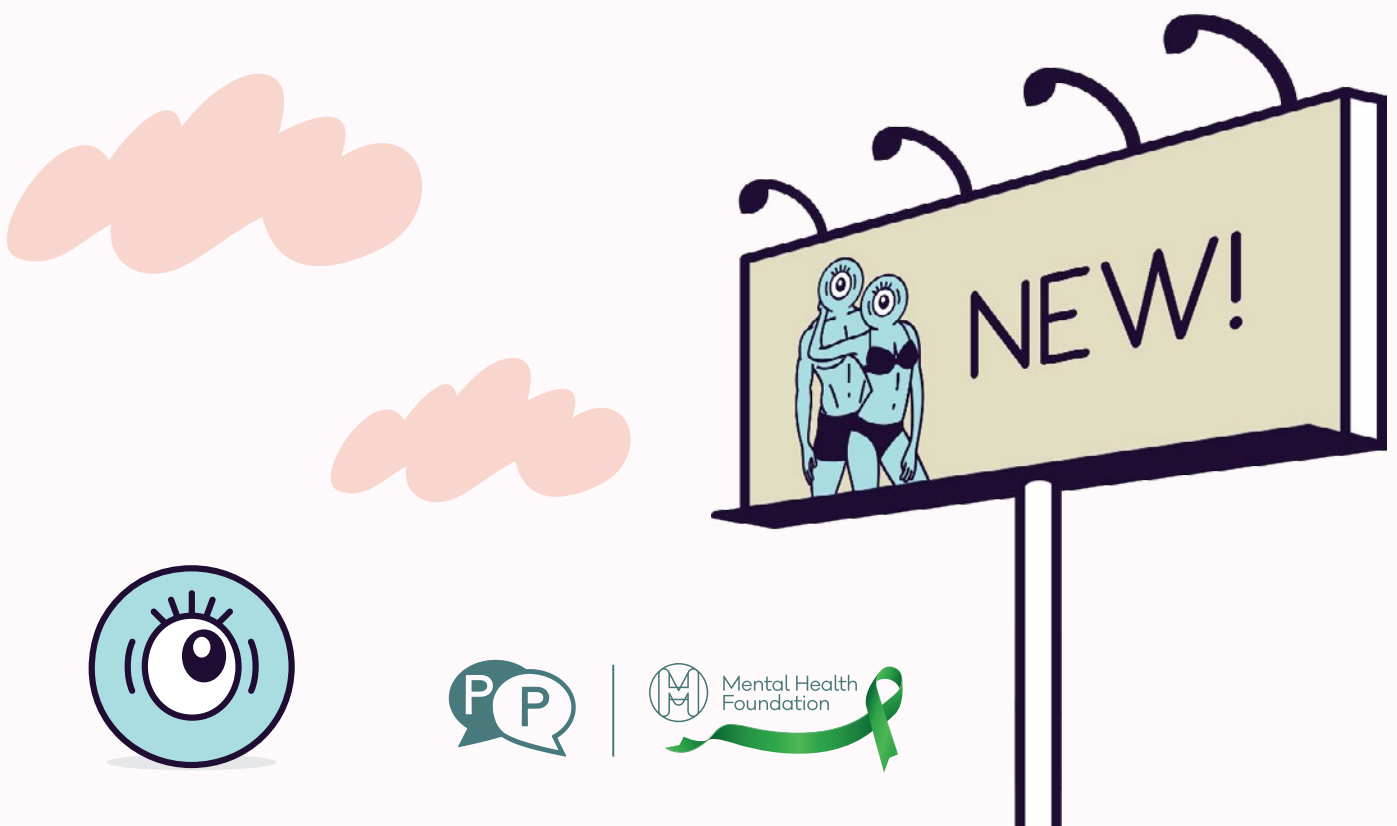
Often, when we talk about poor body image, we are referring to a feeling of being unsatisfied with our body – either because of appearance or the way it functions. This is described as 'body dissatisfaction'.

In contrast, healthy body image can be described as being satisfied with our body, holding respect, appreciation and acceptance of its abilities, and having a healthy balance between valuing our body and valuing the other aspects of ourselves that make us 'us'.

Body image concerns are not mental health problems in and of themselves, however, they can be a risk factor for mental health problems.

The Mental Health Foundation [found](#) that one in five people (20%) have felt 'shame' and just over one-third (34%) have felt 'down or low' in the past year because of their body image.

This guide provides tips and resources on how to support yourself, your colleagues, and your pupils with body image.



Supporting yourself and colleagues with developing a healthy body image

Resources to support yourself and colleagues

Mental Health Foundation resources

Our vision at the [Mental Health Foundation](#) is for a world with good mental health for all. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

[Tips on looking after your mental health](#)

Read these tips on how to look after your mental health.

[Tips on how to support mental health at work](#)

Read these tips on how to look after your mental health at work.

[Tips on how to manage and reduce stress](#)

Read these tips on how to manage and reduce stress.

[A guide on the different types of rest](#)

Read this guide on reconsidering what rest means to you and how you can find ways to rest depending on your body's needs.

[Tips to improve body image](#)

Read these tips on improving how we feel about our bodies and helping us protect, promote and maintain a healthy body image throughout our lives.

[How we think and feel about our bodies podcast](#)

Listen to this podcast discussing body image, the link to mental health and the experiences of poor body image.

[A personal story on body image](#)

Read this personal story on overcoming challenges with body image.



Education Support resources

[Education Support](#) is the only UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges, and universities.

If you need support, speak to a qualified counsellor using Education Support's 24-hour helpline.

Call: **08000 562 561** (free)

[Personal stories on managing the menopause at school](#)

Read these personal stories on managing the menopause at school.

[A guide on self-harm and working in schools](#)

Read this guide on recognising self-harm and seeking support.

Other resources

[Understanding body image and mental health](#)

Read this guide on what body image is and how it can affect mental health.

[Practising meditation for a healthy body image](#)

Read this guide on how meditation can help us develop a healthy body image.



Support services for adults

Samaritans

Samaritans are open 24/7 for anyone who needs to talk.

Call: **116 123** (free)

Email: jo@samaritans.org

Post: Freepost SAMARITANS LETTERS

The Samaritans Self-Help app is a tool to track how you're feeling and receive tips on things you can do to look after yourself.

Samaritans also have a Welsh Language Line on **0808 164 0123** (7pm–11pm every day).

Hub of Hope

Hub of Hope is a UK-wide mental health service database, allowing you to search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

Mind

Mind offers advice, support and information to people experiencing mental health difficulties, and their family and friends.

InfoLine: **0300 123 3393**

Lines are open Monday to Friday
9am to 6pm (except bank holidays).

Email info@mind.org.uk

Side by Side

Side by Side, hosted by Mind, is an online community where you can listen, share and be heard. The online community is moderated to keep the community safe and supportive.

Beat: Eating disorders

Beat provides helplines for anyone who would like to talk to someone about eating disorders.

The helplines are open 365 days a year, 1-9pm on weekdays and 5-9pm on weekends.

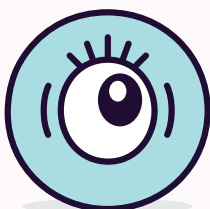
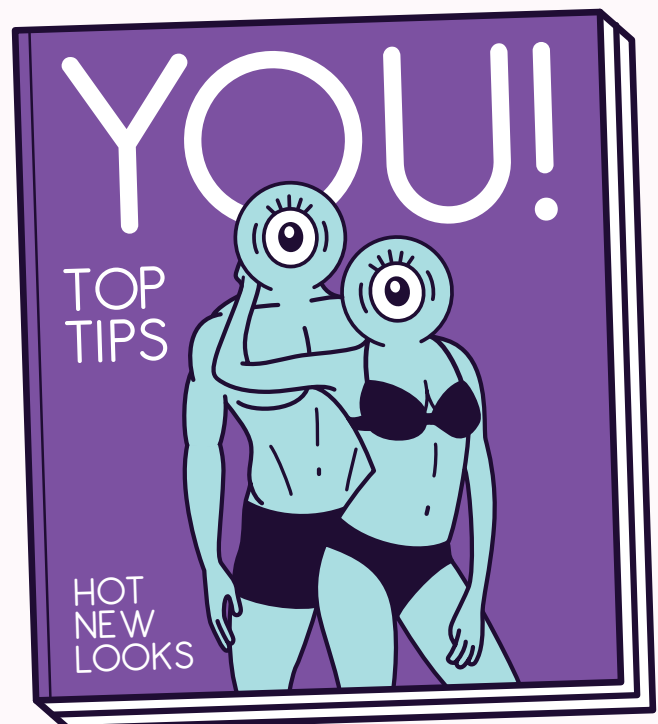
Helpline (England): **0808 801 0677** (free)

Helpline (Scotland): **0808 801 0432** (free)

Helpline (Wales): **0808 801 0433** (free)

Helpline (Northern Ireland):

0808 801 0434 (free)



Supporting your pupils with developing a healthy body image

Classroom-based activities

Self-esteem workshops

Download free resources to deliver body confidence workshops, where pupils will explore the impact that image ideals portrayed through the media have on young people's self-esteem.

Films on body image myths

Use these films to bust body image myths and investigate body image ideals with your class (Key Stages 3 and 4).

Films on growth mindset

Use these clips to help pupils unlock growth mindset ideas (Key Stage 2).

Body image in a digital world resources

Use this lesson plan to explore with pupils what body image is, how social media can influence it, and how to reduce stress caused by online pressure.



Resources for young people

MHF Tips for Young People on Body Image

Share these top tip postcards, written by the Mental Health Foundation, to support young people to develop good body image.

Body image guide

Share this guide providing advice for young people on what body image, how it can affect mental health, and where to find support.

Tips for developing a healthy sense of self

Share these top tips on ways to develop and maintain a healthy sense of self.



Support services for young people

The Mix

The Mix offers online information as well as helpline support to under-25s about anything that's troubling them.

Email: via their [online contact form](#)

Call: **0808 808 4994** (free)

Telephone services available 4pm – 11pm everyday.

Text: **THEMIX to 85258**

The text service is free, 24/7 crisis support across the UK.

One-to-one chat: Free [1-2-1 webchat service](#)

The webchat is available 4pm – 11pm, Monday to Saturday.

Childline

A support service for anyone under 19 in need of support.

Call: **08001111** (free)

Telephone services available 24-hours a day, every day.

Young people can [sign up](#) for a free Childline locker (real name or email address not needed) to use Childline's free [1-2-1 counsellor chat](#) and email support service.

Shout

A support text service, available 24-hours a day, every day.

Text: **SHOUT to 85258**



Supporting staff and pupils within school

Resources

[Article on improving mental health awareness at school](#)

Read this article on why mental health awareness is important in your school and ways to build it in to school life.

[A training course on mental and emotional health in schools](#)

Sign up to this free CPD certified online course helping school staff recognise and respond to signs of poor mental health and support their own and other's emotional health, increasing mental wellbeing in schools.

[A training course on body image and mental health in young people](#)

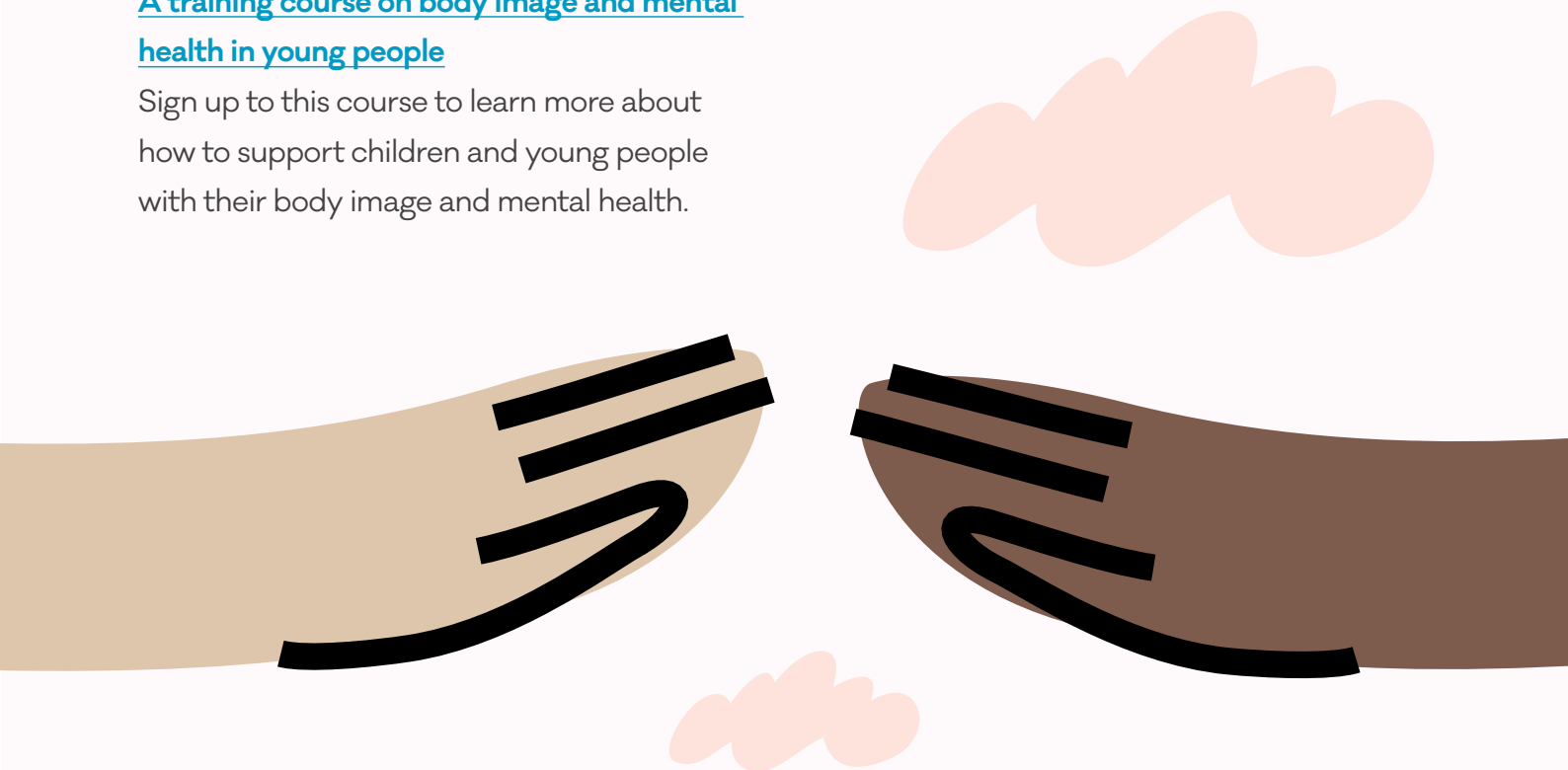
Sign up to this course to learn more about how to support children and young people with their body image and mental health.

[A guide on the key standards in teaching about body image](#)

Read this guidance for advice about delivering teaching on body image as part of the PSHE curriculum.

[Online training on eating disorders](#)

Sign up to SPOT (Schools Professionals Online Training) platform that is designed to increase understanding of eating disorders, including how to spot the early signs in children of school age.



Fundraising for mental health awareness

Hold a 'Wear it Green Day' for Mental Health Foundation

The green ribbon is the international symbol of mental health awareness.

Whether you go all out in head to toe green or show your solidarity with one of our [green ribbon pin badges](#).

Holding a 'Wear it Green' day is a great way to get the whole school involved and talking about mental health.

Download our [Wear it Green Day Fundraising Pack](#) and our [Wellbeing and Schools Fundraising Pack](#).

We'd love to hear about your Wear it Green Day!

Get in touch with the team to let us know your plans: events@mentalhealth.org.uk

We can also send collection tins and fundraising materials.

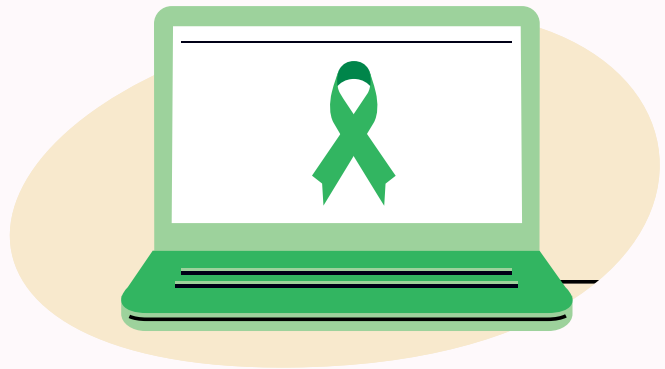
Wear It Green Day*



How to send the money to the Mental Health Foundation:

You can go to the Mental Health Foundation's [online donation page](#) or

Send a cheque payable to Mental Health Foundation to: **Mental Health Foundation, Studio 2, 197 Long Lane, London SE1 4PD**



If you'd like us to send you a paying in slip, please email events@mentalhealth.org.uk and this can be organised for you.

When sending us your donations, make sure you always bank the money yourself! Never send cash through the post, as it could get lost or stolen.

Thank you so much for your support!





[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

 [Mental Health Foundation](https://www.facebook.com/MentalHealthFoundation)

 [mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

 [@MentalHealth](https://twitter.com/MentalHealth)



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