

# EDV EDUCATION

Eating Disorders Victoria (EDV) offer a range of presentations for students from Year 5 through to Year 12.

## Year 5 & 6 My body & me

This workshop looks at the many **wonderful things that bodies can do**, how to build positive body image and practical things students can do to look after their bodies. Topics include looking at **strengths and differences**, celebrating our bodies, and how to maintain general health and well being.

## Year 7 Celebrating you

This workshop focuses on skills for building **positive body image**, how to manage body comparison and the role that both peers and the media play in how we feel about ourselves. Included in this workshop is an exploration of beauty and the impact of **appearance ideals promoted by society**.

## Year 8 Media & me

This workshop focuses on the **social and cultural influences** of the media on body image, the **appearance ideal and the internalisation of this appearance ideal**. The workshop encourages students to develop strategies to manage and combat the media's influence on their body image.

## Year 9 Let's talk about health

This workshop encourages students to think about how to develop a **healthy attitude to food and physical activity**. Other topics include diet culture and how to listen and respond to your body's needs.

## Year 10 Don't sweat it!

This workshop focuses on how to **manage stress, develop resilience** and build a tool kit of **copng skills**. Students are encouraged to think about how they can remain healthy when there are pressures to confirm to media expectations of how they should look. This workshop also looks at body image and healthy eating.

## Year 11 Healthy body; healthy mind

This workshop focuses on the **strengths and positive qualities of our bodies** rather than focusing on our appearance or body shape. Students are asked to think about what influences body dissatisfaction, what strategies can be developed to manage these and how you can become **friends with your body**.

## Year 12 It's all about the balance

From formals to exams, the final year of school can be an extremely stressful time. This workshop focuses on how young people can find a **healthy balance and manage stress**. Topics covered include the elements of health, what concerns you, body image and managing stress.

## Any year level Body IQ

Only have half an hour for a presentation? This presentation looks at: what is body image; what influences body image and what can we do to improve our body image

**All workshops integrate activities & discussion to provide students with a powerful educational experience.**