

BODY CONFIDENT SCHOOLS

In May 2023 the U.S. Surgeon General issued an [advisory](#) about the effects of social media on youth mental health. With regard to body image, the report warns, "Social media may perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls." Over 75% of today's adolescents report "body image distress." (Milton et al., 2021)

Research ties body dissatisfaction to eating disorders, anxiety, depression, and suicidal ideation. (Perkins & Brausch, 2019; McLean et al., 2022). Young people who don't like their bodies often suffer from low self-esteem and are more likely to abuse drugs and alcohol. (Bornioli et al., 2019). To help with these mental health issues, BE REAL's created the evidence-based **Body Confident Schools (BCS)** professional development workshop to give tested body confidence tools to the adults in children's lives.

BE REAL™

BCS WORKSHOP

- **Part 1:** Discusses body image issues for adolescents today
- **Part 2:** Provides 5 Steps for educators to create a Body Confident School
- **Part 3:** Trains educators on [BodyKind](#): Be Real's free, evidence-based, [HECAT](#)-compliant body image curriculum for high school that teaches students tested skills to combat appearance pressures

IN-PERSON DELIVERY OPTIONS*

Half-day Workshop

- BCS Parts 1-3, unlimited audience participants, with opportunity for participants to become [Be Real Ambassadors](#) utilizing an online test.

1 Hour Presentation

- BCS Parts 1 - 3 with a more in-depth walk-thru of Body Kind Curriculum.

