

the conversation...

BODY POSITIVE?

for **Year Ten** classes

Why are we struggling with body image so much in society?
How can we work to combat these influences in order to improve our self-awareness and take practical steps to improve our personal body image.



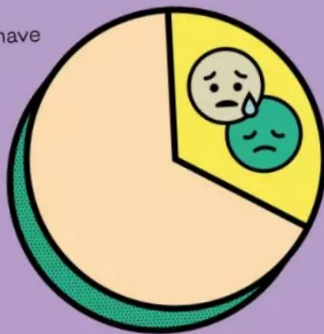
“The way we think and feel about our bodies directly impacts how we treat our bodies. Research shows children who have low body image are less likely to engage in health promoting behaviours and more likely to engage in behaviours that actively risk their health”. BodyHappy.org



Over a **third** of UK adults have felt anxious or depressed because of concerns about their body image.

(Mental Health Foundation, 2019)

#BeBodyKind



Our sensitively crafted workshops have been used by over 40 schools and colleges this year. Why not invite our professional and highly experienced team in to your school to enhance pupil experience and to ensure a consistent and comprehensive approach to your PSHE teaching.

E-mail us for our new schools introductory offer,
talktous@theconversationstamford.co.uk