

School Health Programs – Body Image

Ballarat Community Health offers Body Image sessions to primary school students in grades 5 and 6. This learning opportunity explores basic nutrition and helps to increase the students' understanding of the manipulation of images within the media. This session also examines what self esteem is and how we can build our own self esteem.

Alternatively, Ballarat Community Health can assist with a lesson plan, books, worksheets, a PowerPoint presentation or short DVD to support your school in providing information about body image.

As research highlights the benefits of providing education in a holistic way, Ballarat Community Health provides this program together with teachers and in line with VELS outcomes. This creates a supportive teaching and learning environment that can continue to be built upon beyond Ballarat Community Health's involvement.

Additionally, Ballarat Community Health provides opportunities for self esteem support for parents, students and the wider community through access to counselling and the facilitation of a regular self esteem building program for adults.

For further information and body image resources please also check out our [website list](#).

Please contact Demelza on (03) 5338 4500 or by email at demelzar@bchc.org.au to register your interest in this or any other school opportunities.

Please note that Ballarat Community Health staff require a minimum of four weeks notice when working in schools.

