

BODY CONFIDENT SCHOOLS

Body image is a key concern among students, parents and teachers. On a daily basis, we are inundated with messages about our appearance and bodies which create pressures to look a certain way. Body image can have a key impact on student mental health and across all aspects of school life. Therefore it is important to support students with their body image concerns and enable them to build body confidence and flourish.

This body confident teacher training will equip teachers with knowledge and skills informed by the latest research on safely promoting healthy body image among students. Teachers will also be guided on use of the **Be Real BodyKind** schools programme, which is an evidence-based programme, shown to improve body appreciation among **Transition Year** secondary school students.

Who Should Attend the Training: Teachers, Administrators, Coaches, School Wellness Professionals.

Who is BodyKind suitable for: BodyKind is designed for delivery among senior cycle students, specifically **Transition Year Students**.

What does this training involve:

- Completing a live **2.5 hour online training** led by a body image expert
- After completing training, attendees gain access to the BodyKind programme toolkit, slides and online resources.
- Attendees are expected to **deliver the BodyKind programme** to **Transition Year** students
- Attendees are asked to **provide some brief feedback to Fingal CYPSC** on their experiences of delivering the programme in their school

PRESENTER



CIARA MAHON

Dr. Ciara Mahon (BA Hons, Sch., PhD) is an Assistant Professor at the DCU School of Psychology. Ciara is a body image researcher with expertise in designing and evaluating school-based body image programmes. She completed her PhD at Trinity College Dublin which explored how self-compassion could reduce social media-related body image concerns. She has subsequently co-led several multistakeholder, international projects including the design of **Be Real's BodyKind** and in one of the largest school-based body image trials, involving 23 schools and over 1000 students.

REGISTER

Dates:

- 1.) 6.30-9.00pm Wednesday 16th September
- 2.) 6.30-9.00pm Thursday 7th October

Location: Microsoft teams links will be provided

Duration: 2.5 hours

Questions: Dr. Ciara Mahon (Presenter)
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BE REAL.

