

Body Image and Self-Esteem

10:00-12:30

16th June 2016

**Dereham Town
Football Club**



Developing a positive body image and healthy self-esteem can greatly improve outcomes for children

“This training has made me appreciate the vast amount of influences on children’s lives, and has inspired me to address this in school. The easy to implement resources will make this possible with minimal planning” - SLT

“The course was very informative and well delivered. It has given me the knowledge and confidence I needed to start to teach about this important topic” - NOT

This ½ day training course aims to:

- Develop an understanding of how body image and self-esteem can influence a young person’s behaviour
- Recognise and understand the influence of social media
- Explore the role of PSHE lessons in promoting positive body image and self-esteem, including teaching strategies and schemes of work that empower children and young people
- Identify local and national support services

Who should attend?

Teachers, PSHE leads, pastoral support staff, school Governors and the wider workforce who support schools with this topic.

To book a place please [click here](#)

This session is fully funded with no cost to participants