



BODY TALK®

Body Talk® : an awesome programme about Body Image, Self Esteem, Media Awareness & Appreciation of Diversity

Body Talk® works perfectly alongside **Positive Puberty / Plus®** for example:

- * at Yr 8 annually (with the Yr 7 receiving **Positive Puberty Plus®**)
- * as a combined Yr 7/8 cohort receiving **Positive Puberty Plus®** one year and Yr 7/8 **Body Talk®** the next.

Or, if running our junior programme:

- * at Yr 6 annually (with the Yr 5 receiving **Positive Puberty®**)
- * as a combined Yr 5/6 cohort receiving **Positive Puberty®** one year and Yr 5/6 **Body Talk®** the next.

Body Talk® also contains a puberty recap component

Not enough of us are celebrating others for their individuality. Too many of our young people are becoming trapped in the social media world of images that aren't even real, are stereotypical and don't reflect our society. Too many young people are comparing themselves rather than embracing their uniqueness. Too many young people are lacking in confidence and struggling with anxiety (especially around puberty). **Body Talk® offers** an opportunity to really understand diversity, health as opposed to size and shape, learn how to critically analyse media & discuss how social media affects one's sense of self. It also challenges young people to look to the future and their impact on it - we look at various role models, campaigns and movements dedicated to changing the negative impacts of a lack of diversity and poor body image whilst examining how each of us can become representatives of self-confidence, caring and respectful humans. **Gratitude...Emotional Intelligence...Kindness..** After all, our communities are beautifully diverse and our bodies are instruments to get things done, not ornaments to look at!

Focussing on what the
body can do rather than
how it looks

nest 
consulting
Education • Inspiration • Motivation • Information

Understanding body
neutrality and building self
confidence