



# SCHOOL CULTURE

Building body positive and inclusive school communities

## What is school culture?

The degree of connectedness students feel to their school, classroom, and teachers; and the ratio of healthy peer relationships to incidences of appearance-based bullying.

## Key Components:

- Optimizing conversation with students to avoid the triggering of food, weight, and shape preoccupation
- Skill building in media literacy and the promotion of positive body image (gr 4-8)
- Boosting peer/school connectedness, assertiveness and help seeking skills (gr 6-8)
- Helping to address weight-based bullying
- Creating a body inclusive school environment

