

Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact cshresources@albertahealthservices.ca

Questions or comments regarding this list can be directed to cshresources@albertahealthservices.ca. Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

Body Image

Classroom Resources

Being Me

Grades K-7	Theme:	Positive Body Image and Self-esteem	This resource contains lessons and activities designed to support the development of positive body image and self-esteem in Kidergarten - Grade 7 students, along with messaging to help prevent disordered eating. Scroll down to 'Being Me'. http://www.actionschoolsbc.ca/resources
	Organization:	Action Schools! BC	

Media Smarts: Body Image and Media Literacy

Grades 3-12	Theme:	Media Literacy Body Image	These resources provide parents and teachers with information and tools so they can help children and teens develop the critical thinking skills they need for interacting with the media they love. http://mediasmarts.ca/body-image http://habilomedias.ca/image-corporelle FRANÇAIS
	Organization:	Media Smarts	

The Student Body - Website

Grades 4-6	Theme:	Body Image	An online teacher training module designed to help teachers (and parents) recognize the factors that can trigger unhealthy dieting among children, and ways to prevent it. This is a 6-module course complete with background information for teachers and excellent classroom-based activities that also utilize technology. http://thestudentbody.aboutkidshealth.ca/
	Organization:	The Hospital for Sick Children	