



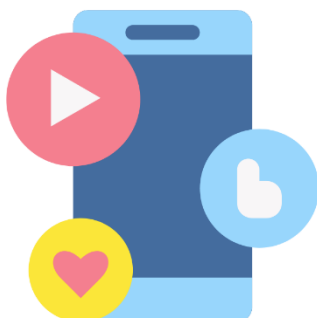
Free Body Image & Media Literacy Resources for Schools



Resource	Description	
<u>Amazing Me</u> (Gr 4-5)	Resources focusing on health, social-emotional learning, and body confidence. Includes a virtual fieldtrip, classroom presentations, activities and educator guides.	✓ Lesson Plans
<u>Association for Media Literacy</u> (All ages)	Teaching resources/ideas, pro-D and frameworks for teachers, parents, and students. Includes infographics on popular social media and sample plain language End User License Agreements for students to analyze.	✓ Lesson Plans
<u>Beyond Images</u> (Gr 4-8)	Includes activities that make a positive difference in combating appearance-based bullying and negative stereotypes. Explore key issues in society around body image, self-esteem, and media messaging.	✓ Lesson Plans
<u>CIVIX News Literacy</u> (All ages)	Videos, activities and case studies to support information literacy. <u>CTRL-F</u> is an evidenced-based 7 hour, 4 part program that equips students with the habits and skills needed to evaluate online information. The learning modules include videos, slide decks, activity sheets and assessments (Gr 7-12).	✓ Lesson Plans
<u>Common Sense Media</u> (K-12)	Unbiased information about social media. Includes talking tips about sharing/posting online, short videos, webinars, and information about the latest apps/websites.	✓ Lesson Plans
<u>ERASE</u> (All ages)	Resources for building safe and caring school communities: for students, parents, educators, and community partners. Available in English, French and other languages.	
<u>Healthy Schools BC</u> (All ages)	Educator-focused, evidence informed resources relevant across B.C. Searchable by grade and topic, resources are available in many topic areas to support the health and wellness of your school community.	✓ Lesson Plans
<u>Jessie's Legacy Eating Disorders Prevention</u> (All ages)	Resources for educators, parents & youth including body neutrality, body image, self-esteem, resiliency, social media, and a focus on health, not weight.	
<u>Kids in the Know</u> (K-8)	<u>Canadian Centre for Child Protection's</u> interactive safety education program for educators and parents to teach personal safety strategies in an engaging and age-appropriate way that builds resiliency and reduces the likelihood of victimization online and offline.	✓ Lesson Plans



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<u>Learning for Life Toolkit</u> (Gr 4-7)	Curriculum-linked, interactive resources to build digital health literacy. Includes resources addressing physical activity, healthy eating, sleep and social/emotional wellbeing.	✓ Lesson Plans
<u>Media & Digital Literacy</u> (All ages)	Information on various topics including media literacy, social networking, internet safety, cyberbullying & making sense of media messages.	
<u>Media Smarts</u> (K-12)	Canadian media literacy resources searchable by grade and topic for educators, parents and youth. Includes digital & media literacy outcomes by province/territory and subject.	✓ Lesson Plans
<u>Privacy and Kids</u> (Gr 4-12)	Free, Canadian resources including lesson plans, activities, graphic novels, and more. Includes a privacy quiz to test online privacy knowledge. From the Office of the Privacy Commissioner of Canada.	✓ Lesson Plans
<u>Ophea Internet Safety Resources</u> (Gr 4-8)	Resources for teachers and parents including engaging videos with discussion guides to help students develop safe & healthy online behaviours.	✓ Lesson Plans
<u>Raising Digitally Responsible Youth Parents' Guide</u> (All ages)	Information on digital parenting, social media apps, video games, and geo-location. From the BC Ministry of Education and BC School Superintendents Association.	
<u>Screen Time and Digital Media</u> (All ages)	Tips and advice for parents of school aged children and teens around managing screen time and digital media, from the Canadian Pediatric Society. Includes links to other resources.	
<u>Teach Body Image</u> (K to 8)	Canadian resources on body image, self-esteem, social comparison, advertising, stereotyping and more.	✓ Lesson Plans



Looking for healthy schools or health resources or support? Contact your local [health unit](#) and ask to speak with a member of the healthy schools team.