

## From Selfies to Six Packs – ABSA – Thursday 11 June 2015

### Group 1

- Importance of embedding programs which teach about self image
- Be critical of the messages the media has
- Danielle is great presenting to the school students
- School nurse and psychologist run talks and programs on looking after yourself and body image
- Positive education programs
- Building positive relationships
- Need right staff to run these programs

### Group 2

- Genetics play 70% of the responsibility for a person's weight
- Healthy lifestyle is the important issue
- Promote the healthy lifestyle – rather than the body image
- BMI – not a healthy way of knowing what you should be
- Menus – more healthy options, especially recess
- Dietician talking to boys about supplements, healthy meals, proteins
- Compulsory sport and non-compulsory activities offered to boarders (gym access)
- Good role models on staff (going for a run, eating healthily)
- Walk and talk meetings – rather than sitting in an office
- Time of meals could change – maybe we eat too early and boys need to eat later again
- Change the goal from a six-pack to healthy eating!

### Group 3

- Boarding itself is a great place to make boarders resilient – they have to be! Opportunity to think through with them what is the worst thing that can happen.
- Young girls entering boarding are becoming more independent and resilient – maybe the family influence at home has changed!
- It would be really interesting to talk to boys about what an adult woman's body looks like, and vice versa!

### Group 4

- Misunderstanding about how fad diets, exercise and body image
- Year 10 and up the body issues become important for boys, possibly for girls it is much younger
- What boarders bring into the boarding house takes away from all the good stuff the kitchen is doing
- Boarders bring in nutrition supplements
- Boarders are not bombarded as much by the media – they are a bit protected

- The country schools have less pressure on what looks should be like
- No soft drink policy, no white bread policy

#### Group 5

- Bravery in boys – good for them to take risks and fall over to hurt themselves – could be very useful in later life – less emphasis on this for girls
- Unique issues around educating Indigenous students – they may have grown up faster than their city counterparts who are not indigenous – need support in taking care of themselves
- Positive Indigenous role model is fabulous
- Strong female presence in boys boarding would be good
- Diet – our kitchens don't always provide the best balanced meal at that particular time of the week (pies and hash browns just before sport!). Having a dietician come to speak to the boarders, and the kitchen staff, is happening well at some girls schools

#### Group 6

- Unpacking the diet industries false promises
- diets often don't work as people put on weight after
- it is not about body size it is about a healthy body
- fostering a self esteem and body images – enabling activities they would want to do
- important that all staff bring across the same message
- good that some countries are banning skinny models
- positive education programs
- change to diets – taking sugar out

#### Group 7

- ways to improve body image for men
- More pressure on this for men – magazines, selfies
- Important role for boarding staff to help boys and girls to have a positive image about their bodies
- How – regular programs and speakers, health centre very involved in nutrition and care, nutritionist and physiotherapist coming in to teach them how to use the weight room and about supplements at the same time and how to use them safely
- Nutritionists looking at menus
- Saturday mornings boarding house is closed – boys have to go out – a computer free day with laptops handed in!