

Promoting Positive Body Image Through PSHE Education

Promoting positive body image can increase self-esteem and decrease the likelihood of developing mental health issues including eating disorders and the likelihood of self-harm.

Dr Pooky Knightsmith completed her PhD in child and adolescent mental health at the Institute of Psychiatry, London, where she specialised in developing practical strategies for supporting self-harm and eating disorders in schools and other non-clinical settings. In addition to freelance training, speaking and writing, Pooky is currently the mental health and emotional wellbeing advisor at the PSHE Association, an associate trainer for the Charlie Waller Memorial trust, a trustee of Beat, the eating disorders charity and a trustee of the Kidstime Foundation which supports children of parents with mental health issues. Pooky won her own battle with anorexia and self-harm in her early 20s.

Pooky Chairs the expert advisory group for Body Image in Education and researched and wrote recent government guidance on the safe teaching of body image.

Designed for: Primary and Secondary Schools, all phases: Teachers, PSHEE Subject Leaders

Course Organiser: Nick Bolton, PDE Adviser
Training delivered by Dr Pooky Knightsmith

Duration: One half day

Price: £90 to all Wiltshire schools and academies

Closing Date: Monday 18 April 2016

By the end of the session you will have had an opportunity to:

- Understand body image and its links to self-esteem
- Understand the possible ramifications of poor body image – including self-harm and eating disorders
- Teach pupils to view the media through critical eyes
- Understand why and how social media can bring us down
- Change your language to promote positive body image
- Use a range of resources to safely teach about body image

Ref No	Date	Time	Venue
1605/C6	Monday 16 May 2016	09:30 – 12:30	Trowbridge Rugby Club

Data Protection Act 1998. Information about course participants will be shared with other participants, trainers and training venues. Should you NOT wish your personal information to be shared, please contact Sara Derrick (01225 713804).

Cancellation: You may withdraw from this course without charge if you contact the Event Administrator no later than 10 clear working days before the date of the course.

To apply:

Please book online through the Wiltshire CPD online booking facility, www.wiltscpd.co.uk. For general enquiries we can be contacted on (01225) 713804.

