

The Student Body: Promoting Health at Any Size

Background Information for Teachers :

Adult Role Model



- Some parents might be overly concerned about their own physical appearance, and this sometimes spills over to their concern for their children's appearance.

- Adults may have health issues, which require a change in their eating pattern. Children might take notice of this change and want to model the same eating pattern (lower fat intake etc.) at a time in their lives when they need a wide variety of nutrients including fat.



- The attitudes and behaviours of other adult role models (e.g. teachers, coaches, extended family) can have the same influence on children as parents have.

- Some parents have the belief that their kids won't be successful unless they are a certain weight/shape...They are concerned that their children might get teased if they are of a higher weight or different body shape. Concern can sometimes lead parents to control their children's food intake. Excessive concern may send children the message that their weight is undesirable and that they are not capable of controlling their eating habits.



- A recent study revealed that parental concern about daughters' weight status & restriction of access to food led to negative self-evaluations among girls.



As an adult role model, what messages might you be sending?

- Am I dissatisfied with my shape, size, and weight? Do I talk about this?
- Am I always on, or going on, a diet?
- Do I express guilt when I eat certain food?
- Do I make negative comments about the way other people look?
- Do I think "overweight" people have made bad choices about what they eat and therefore deserve to look the way they do?
- How many times have I heard or said "You've lost weight, you look great!"
- How many times have I associated the word "fat" with "lazy", "dumb"...