

The Student Body: Promoting Health at Any Size

Background Information for Teachers :

Teasing



- There is much attention on bullying these days. Bullying can also take place in the form of weight and shape teasing. We know from research that weight and shape teasing is strongly correlated with low self-esteem, body image concerns, and restrictive dieting among girls. An alarming fact is that a recent study found that weight-based teasing was associated with depressive symptoms and thinking about (and attempting) suicide among girls and boys in grades 7 to 12 (Eisenberg, 2003).

- Eliminating or preventing teasing in younger grades has the potential to offset emotional health problems later on.

- Sometimes, as adults we organize activities that inadvertently lead kids to tease each other. For example, "I wish the teacher hadn't asked us to line up from shortest to tallest...now I get teased."

The use of measurement tools (particularly those that measure appearance) can be problematic for this age group and lead students to feel even more self-conscious (e.g. height, weight, body fat, head circumference).

- With the rising popularity of sport stars, and increasing pressure from media and peers to attain an ideal body shape, many boys feel pressured to muscle up.

The use of food supplements and steroids by boys is on the rise as they are fighting to fit in with the current idealized image of a bulked-up physique.

- Children can get steroids easily through the mail, Internet, or a local gym.



Yeah. And I heard that you can get powdered drinks that make your muscles big.



- Unsupervised weight training can be harmful as boys' bones and muscles are still growing.

- Some of the short-term consequences of using steroids include aggressiveness and irritability.

