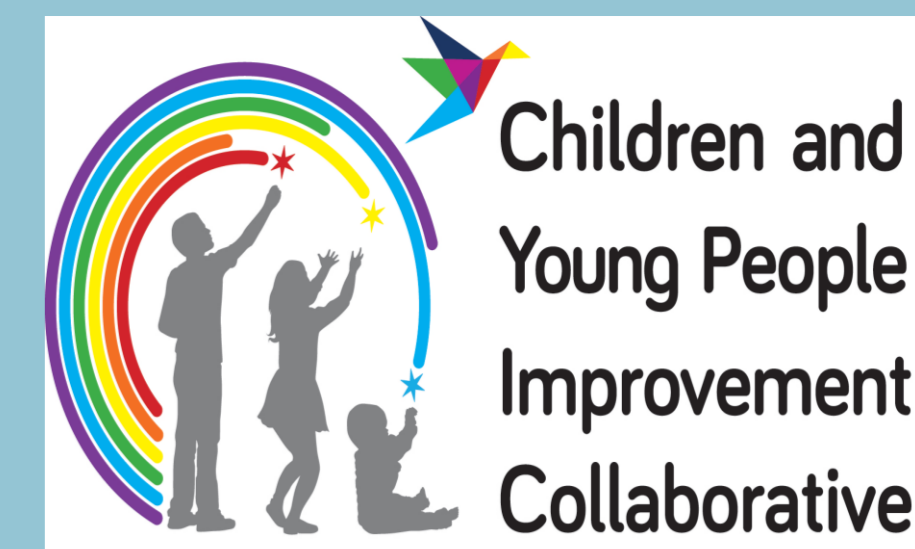


Body Image

Improving P7's Reported Happiness with their Appearance

Denise McLean, P7 Class Teacher
Eleanor Boyd, Principal Teacher

School Logo?
OMM Logo?



Rationale

SHINE Survey highlighted body image as a key concern for Young People.

Aim: By June 2022, P7 pupils average score for happiness with their appearance will be 8 or more.

Fife Baseline: Boys 7.0 and Girls 6.2 (Shine Survey)/ Hill of Beath Boys 5.7 and Girls 3.5).

Method

In response to the SHINE Survey results, OMM Lead reached out to schools to initiate improvement work and learning surrounding body image.

Two schools (Hill of Beath and Methilhill PS) agreed to support and lead improvement work.

Hill of Beath formed a School Improvement Team (P7 Class Teacher and Principal Teacher).

A wider Improvement Team met fortnightly with OMM Lead, Improvement Coordinator and colleagues from both to plan improvement work, analyse data and agree next steps.

Process Change



We worked collaboratively to generate a Driver Diagram to capture our Theory of Change.

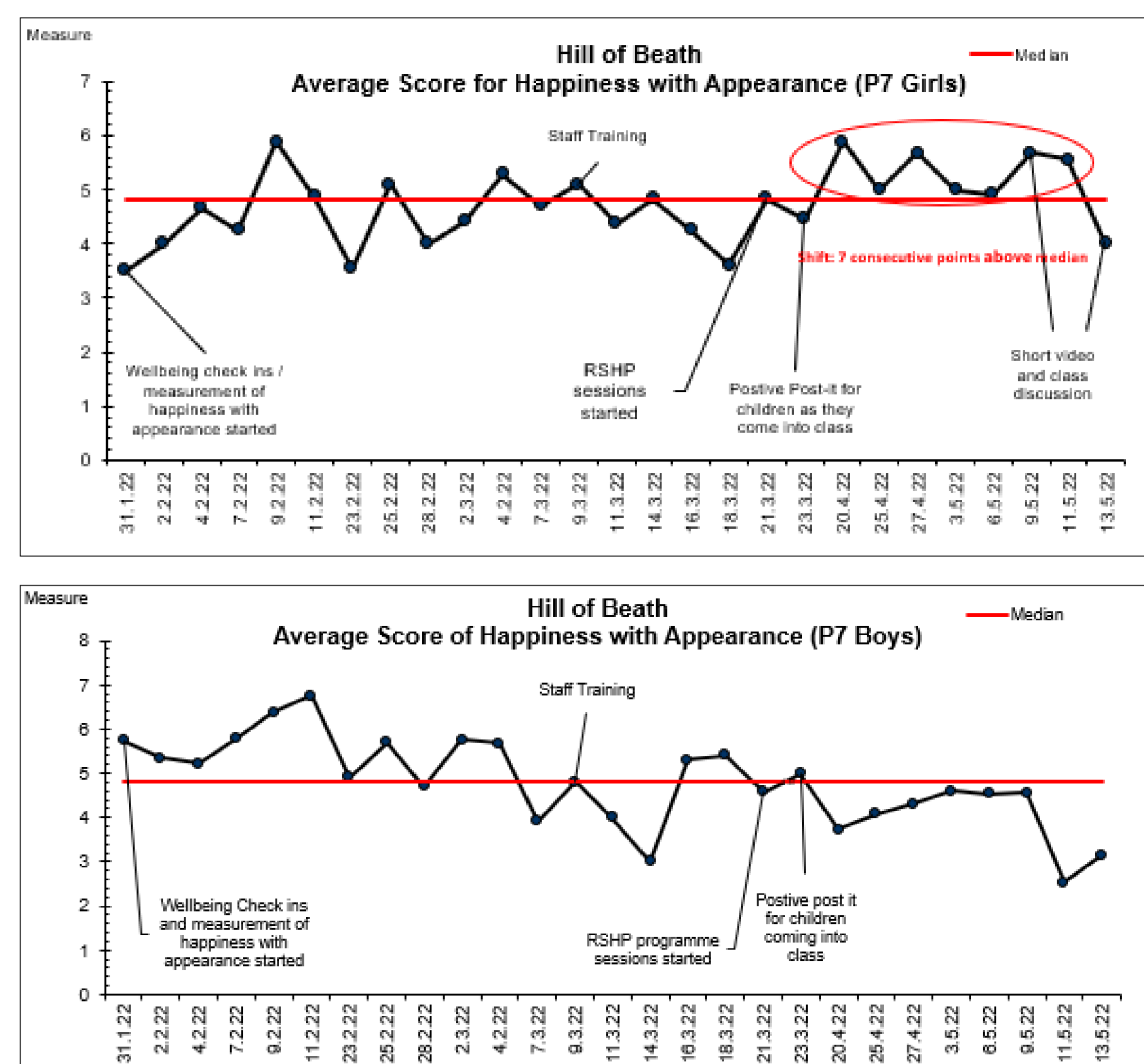
Change Ideas

- Improvement Team met fortnightly for 45 minutes to discuss improvement work, progress, analyse data and agree next steps.
- Class Teacher and Principal Teacher attended training on Body Positive Language delivered by OMM Development Worker.
- Class Teacher delivered Relationship Sexual Health Programme (RSHP) Sessions X
- Class Teacher delivered Branched Out Sessions
- Class Teacher left positive strength based post-its on each child's desk in the morning.

Achievements

- Did you achieve your improvement aim(s).
- What other aspects are you really proud of?

Results



Conclusions

Data demonstrated an improvement in Girls reported happiness with their appearance. However, a negative shift occurred for the boys.



Key Learning Points

Language awareness training made practitioners more conscious of their language. Being mindful not to focus on appearance but character strengths.

Next steps

- Supporting staff across the school to become more conscious of their use of language creating a positive culture conducive to wellbeing.
- To agree curriculum content surrounding body image for next years Primary 7 cohort.