

Body Image

Improving P7's Reported Happiness with their Appearance

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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) / Methilhill P7A: Boys 5 and Girls 3.5. P7B: Boys 7 and Girls 4.2).

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.

Methilhill formed a School Improvement Team (Two P7 Class Teachers and Principal Teacher).

A wider Improvement Team (OMM Lead, Improvement Coordinator and colleagues from both schools) met fortnightly 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.

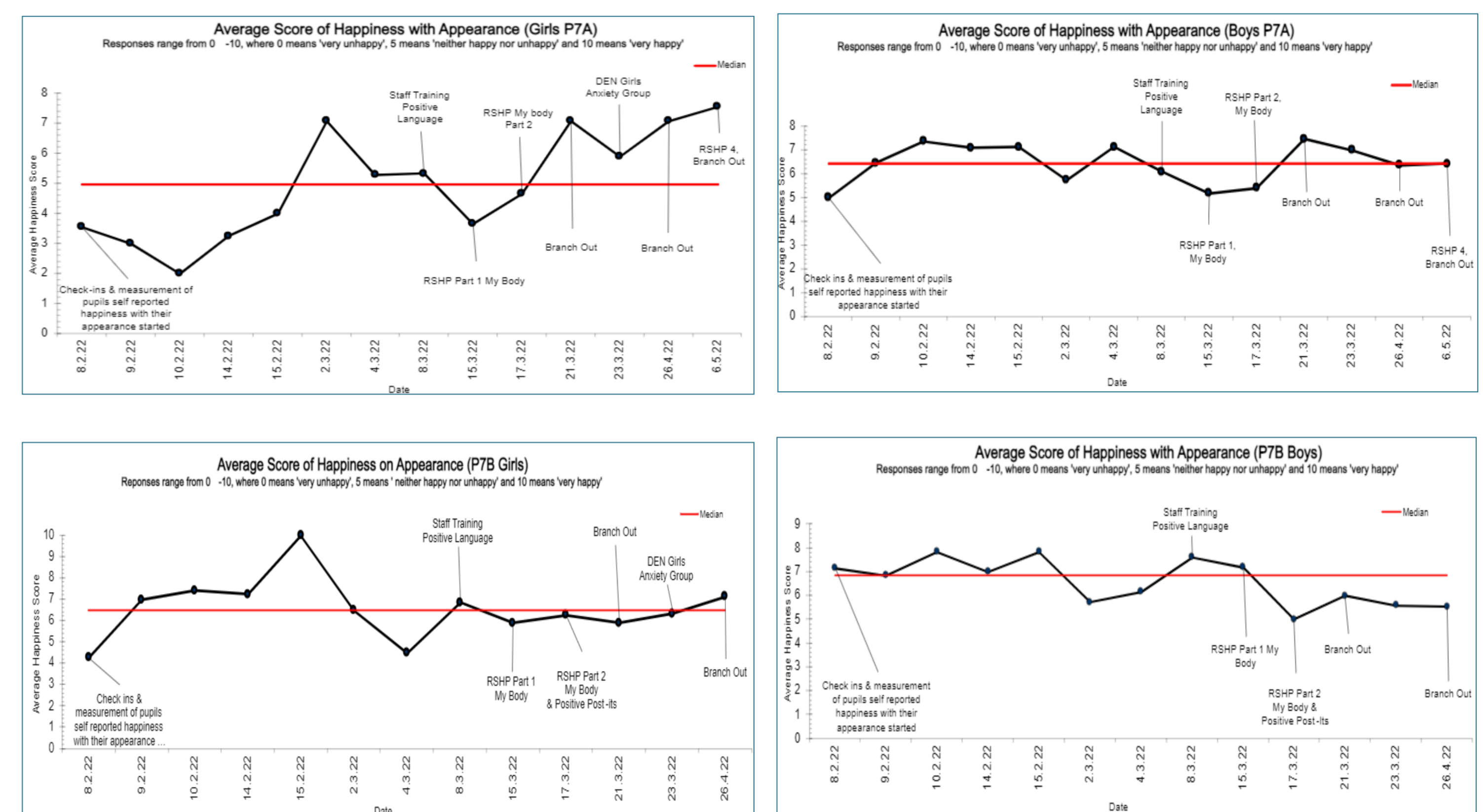
Change Ideas

Improvement Team met fortnightly for 45 minutes to discuss improvement work, progress, analyse data and agree next steps. Class Teachers and Principal Teacher attended training on Body Positive Language delivered by OMM Lead. Class Teachers delivered Relationship Sexual Health Programme (RSHP) Sessions (Part 1 & Part 2 My Body). Class Teachers delivered Branch Out Sessions. Class Teachers disseminated compliment cards to individual pupils.

Conclusions

None of the change ideas tested led to demonstratable improvement. Further testing and learning is required. Baseline data for this cohort of children was lower than Fife's average happiness for appearance (Shine Survey), with girls (P7A) reporting significantly lower levels of happiness with their appearance.

Results



Key Learning Points

Incorporating activities on body image little and often has been easier to fit in the curriculum and felt more effective at achieving learning outcomes. In the early days, girls appeared more reserved to discuss body image whereas boys were more confident reporting high levels of happiness with their appearance. Issues within the community and on social media has been raised by children as a concern. Children particularly liked scenario-based learning activities. These opened up rich discussions and children felt comfortable talking in the third person. It has been challenging to hold check in conversations in the mornings. The downside of hosting check ins in the afternoon is it can be tricky to follow up on any concerns.

Next steps

To agree curriculum content surrounding body image for next years Primary 7 cohort. To focus on RSHP and a focus on body image activities in P7 during terms 1-3 as term 4 tends to be busy with P7 transitions. Test a drop in lunchtime club focused on wellbeing.