

## Follow-up Resources for Teachers & Parents

Your lesson was delivered by a member of the Self Esteem Team.

Find out more about us here: [www.selfesteemteam.org](http://www.selfesteemteam.org)

Twitter/Instagram: @\_SelfesteemTeam

Youtube Channel: [https://www.youtube.com/channel/UCg\\_jA8hPB6G9GPNXw540htQ](https://www.youtube.com/channel/UCg_jA8hPB6G9GPNXw540htQ)

Facebook: search 'The Self-Esteem Team'

**Natasha Devon's book 'Fundamentals: A Guide for Parents & Teachers on Mental Health & Self-Esteem' is published in January 2015 – 'The Self-Esteem Team's Guide to Sex, Drugs & WTFs' was published in August 2015 – Details of both below.**

Natasha has a weekly column in the Times Educational Supplement commenting on a number of issues affecting young people and how teachers can tackle them. See the archive here:

<https://www.tes.com/news/author/natasha-devon>

We work alongside mental health charity Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk) and positive body image charity Body Gossip - [www.bodygossip.org](http://www.bodygossip.org)

We also support the work of Mental Health First Aid England (all members of the team are MHFA trained and we recommend the course for teachers and parents): [www.mhfaengland.org](http://www.mhfaengland.org)

### **We Use the Following Videos During Our Presentations**

Who Are The Self-Esteem Team? [https://www.youtube.com/watch?v=Ca\\_dnN5uHRY](https://www.youtube.com/watch?v=Ca_dnN5uHRY)

Optical Illusions with Einstein Mask <https://www.youtube.com/watch?v=ORoTCBrCKIQ>

#### **Body Image**

Dove Onslaught <https://www.youtube.com/watch?v=Ei6JvK0W60I>

Lynx Excite <https://www.youtube.com/watch?v=12Ozfd-KKnA>

#### **Mental Health:**

'Switch on the Light' <https://www.youtube.com/watch?v=c79fvvItKQU>

### **Other Useful Videos**

Self-Esteem Team's New Years ReVolution (celeb backed campaign to resolve to do one thing to improve our mental health for New Year): <https://www.youtube.com/watch?v=36Ht5BNveng>

Jean Kilbourne 'Killing us Softly' – Short documentary on advertising and its portrayal of women: [http://www.youtube.com/watch?v=jWKXit\\_3rpQ](http://www.youtube.com/watch?v=jWKXit_3rpQ)

Dove Campaign video on male airbrushing: <http://www.youtube.com/watch?v=-l17cK1tY>

Dove Campaign video on female airbrushing: <http://www.youtube.com/watch?v=iYhCn0jf46U>

Body Gossip 'This One is For You' (a poem about eating disorder recovery performed by celebrities) :  
<http://www.youtube.com/watch?v=qFa5JNfCvIU>

This Girl Can – Sport England video encouraging women to enjoy sport regardless of body type:  
<https://www.youtube.com/watch?v=aN7lt0CYwHg>

'Pretty' – Poetry slam by Kate Makkai (contains swearing) :  
<http://www.youtube.com/watch?v=M6wJl37N9C0>

Logan LaPlante TED Talk – 'HackSchooling Makes me Happy' -  
<https://www.youtube.com/watch?v=h11u3vtcpaY>

### **Recommended Reading**

'Teenagers' by David Bainbridge: <http://www.amazon.co.uk/Teenagers-Natural-History-David-Bainbridge/dp/1846271223>

'Curvology' by David Bainbridge: <http://www.amazon.co.uk/Curvology-Origins-Power-Female-Shape/dp/1846275504>

'Hope with Eating Disorders' by Lynn Crilly:  
<http://www.lynn-crilly.co.uk/MyBook/HopewithEatingDisorders.aspx>

'How to Disappear Completely' by Kelsey Osgood: <http://www.amazon.co.uk/How-Disappear-Completely-Modern-Anorexia/dp/1468306685>

'Fat is A Feminist issue' by Susie Orbach: [http://www.amazon.co.uk/Fat-Feminist-Issue-Susie-Orbach-ebook/dp/B003XVYFWM/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1412093960&sr=1-1&keywords=fat+is+a+feminist+issue](http://www.amazon.co.uk/Fat-Feminist-Issue-Susie-Orbach-ebook/dp/B003XVYFWM/ref=sr_1_1?s=books&ie=UTF8&qid=1412093960&sr=1-1&keywords=fat+is+a+feminist+issue)

The Body Gossip book: <http://www.amazon.co.uk/Body-Gossip-Book-Ruth-Rogers/dp/0956536840>

'Fundamentals: A Guide for Parents & Teachers on Mental Health & Self-Esteem' by Natasha Devon and Lynn Crilly: <http://www.lynn-crilly.co.uk/Fundamentals/BuyNow.aspx>

'The Self-Esteem Team's Guide to Sex, Drugs & WTFs?!' <https://www.waterstones.com/book/the-self-esteem-teams-guide-to-sex-drugs-and-wtfs/the-self-esteem-team/grace-barrett/9781784186425>