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

Twitter/Instagram: @_SelfesteemTeam

Youtube Channel: https://www.youtube.com/channel/UCg_jA8hPB6G9GPNXw540htQ

Facebook: search ‘The Self-Esteem Team’


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 and positive body image charity Body Gossip - 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

We Use the Following Videos During Our Presentations

Who Are The Self-Esteem Team? 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
Dove Campaign video on male airbrushing: http://www.youtube.com/watch?v=-_17cK1ltY

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=qFa5INfCvlU

This Girl Can – Sport England video encouraging women to enjoy sport regardless of body type: https://www.youtube.com/watch?v=aN7l0CYwHg

‘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.lynncrilly.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

