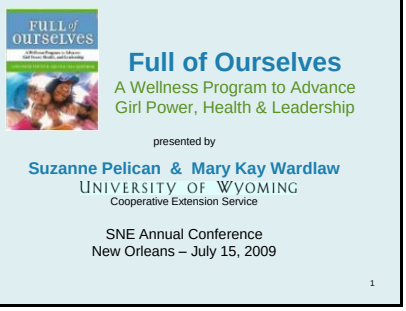
Slide 1



Slide 2

Slide 3

Slide 4

Full of Ourselves*
A Wellness Program to Advance
Girl Power, Health & Leadership

* FOO Project History

Source: *Full of Ourselves* curriculum introduction, p. xi

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Slide 5

Full of Ourselves . . .

Does

- Teach weightism as a serious social justice issue
- Incorporates activism – "calls to action"
- Addresses non-symptom-related psychological risk factors through coping mechanisms
- Features a mentoring component

Does *not*

- Confuse primary & secondary interventions
- Teach participants about eating disorders
- Try to scare girls out of developing an eating disorder

Source: Sjostrom & Steiner-Adair, *JNEB suppl*., Nov./Dec. 2005, p. S142

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Slide 6

Program Phase 1:
FOO to Middle-School Girls

- 8 units
- 8-15 sixth- to eighth-grade girls
- 1-2 adult female leaders
- 60-minute sessions
- 8-12 weeks to complete

⇨ *Program effectively piloted with ~800 girls*

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Slide 7

Evaluation

Program Phase 1:
- With ~ 500 girls
- 2 regions: Northeastern U.S. & Tulsa, OK

Results published:

Steiner-Adair, Sjostrom, Franko, Pai, Tucker, Becker, Herzog. Primary prevention of risk factors for eating disorders in adolescent girls: Learning from practice. *International Journal of Eating Disorders.* 2002; 32: 401-411.

For abbreviated local evaluation format
- Contact Lisa Sjostrom

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Slide 8

Program Phase 2:
Throw Your Weight Around

- FOO girls plan session(s) for 3rd- 5th-graders
- Learning stations
  - *2-3 FOO girls work with younger girls*
  - *Groups of 3-4 learners rotate through stations*
  - *FOO girls focus on 1 activity*
- Adult guidance: Planning + conducting
- **Powerful** . . .
  - *Experience for younger girls*
  - *Capstone for FOO girls*

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Slide 9

Full of Ourselves: 10 Key Ideas*

1. Be "full of yourself" in the best sense.
2. *Weightism* is a form of prejudice.
3. Bring a critical eye to media images.
4. Choose powerful role models.
5. Nourish your body with nutritious, "powerful" foods.
6. Fad diets don't work!
7. Tune into and feed all of your many appetites.
8. No matter your size, it's fun to move and exercise.
9. Relational health is a key aspect of overall well-being.
10. It's not that looks don't matter. . .

. . . but what matters <u>most</u>?

* Steiner-Adair & Sjostrom, *The School Guide to Full of Ourselves*, p. 2.

Slide 10

Each Lesson

- Healthy Comment
- Action Check-in
- Core Activities
- Supplemental Activities
- Call to Action
- Closing Circle

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Slide 11

Unit 1

Full of Ourselves

- *Themes*: **Ice breaking**
  Stage setting
- *Activity, e.g.*: **FOO: *What does it mean?***

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Slide 12

Unit 2

Claiming Our Strengths

- *Themes*: **The Positive**
- *Activity, e.g.*: **Tree of Strength**

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Slide 13

Unit 3
Body Politics

- *Themes*: **Weightism**
  Social Justice
- *Activity, e.g.:* **Imagine That Woman**

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Slide 14

Unit 4
Standing Our Ground

- *Theme*: **Courage**
- *Research:* **Bullying**
- *Activity, e.g.:* **The Wall**

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Slide 15

Unit 5
Media Literacy

- *Themes*: **Self-Definition**
  Counter Culture
- *Activity, e.g.:* **10 Beautiful Things**
  Hi, Body

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Slide 16

Unit 6

Nourishing Our Bodies

- *Theme*: **Health & Nutrition**
- *Activity, e.g.:* **Mommy, May I**

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Slide 17

Unit 7

Feeding Our Many Appetites

- *Themes*: **Nourishment**
  Non-physiological Appetites
- *Activity, e.g.:* **Menu of Hungers**

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Slide 18

Menu of Hungers

Tummy	→	***Nourishing food***
Intellectual	→	***Stimulation***
Physical	→	***Movement***
Friendship	→	***Companionship***
Solitude	→	***Space***
Spiritual	→	***Meaning***
Creative	→	***Invention***

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Slide 19

Unit 8

Healthy Relationships

- *Theme*: **Connection**
- *Activity, e.g.:* **The Human Mirror**

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Slide 20

Call to Action

Contract

I *[first name]* promise to combat weightism in my myself & my community.

I promise to try to appreciate and accept myself, just the way I am.

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lisa@helpingkidsthrive.org

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I promise to try to understand, respect & include other people, no matter what they look like.

I understand that honoring the body I have is a truly courageous act.

I will do my best to eat healthfully & to nourish all of my many appetites.

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lisa@helpingkidsthrive.org

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I will try to make the world a better place by being "full of myself" in the best sense of the phrase . . .

. . . by throwing my weight around in healthy ways!

And by remembering what is truly beautiful in life . . . *what matters most*!

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lisa@helpingkidsthrive.org

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Full of Ourselves: A Wellness Program to Advance Girl Power, Health & Leadership
Catherine Steiner-Adair & Lisa Sjostrom
New York: Columbia Teachers College Press, 2006.

Related free resources:

- Companion guides by Catherine Steiner-Adair & Lisa Sjostrom available for download at www.mclean.harvard.edu/education/youth/guide.php:
  - *The School Guide to Full of Ourselves*
  - *The Parent Guide to Full of Ourselves*

- Adaptation of *Full of Ourselves* – titled *Bishvili for Me: A Jewish Guide to Full of Ourselves* – adapted by The Hadassah Foundation. Available for download at www.bishviliforme.com/index.html.

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Slide 24

Full of Ourselves
A Wellness Program to Advance Girl Power, Health & Leadership

Questions?

Lisa Sjostrom, Ed.M.
lisa@helpingkidsthrive.org

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