



## **LEADERS ASSEMBLY 2018: THE PURSUIT OF EXCELLENCE** **March 18-20, 2018 in Baltimore, MD**

How to Talk About Body Image and Create a Positive Body Culture at Camp  
Sunday, March 18 from 3:00PM-4:30PM

### **SESSION PRESENTER(S):**

Caroline Rothstein

### **SESSION DESCRIPTION:**

During this interactive workshop, you will examine the connections between Judaism, body image, eating disorders, mental health, recovery, and social identity. You will explore how creating body positive dialogue and creative content at camp can offer healing, restoration, and support. The session will include a brief poetry performance, a group discussion around body image and body culture at camp, a writing workshop, and discussion on how to bring these concepts and programming to camp for lasting and sustainable empowerment of change.

### **BIG IDEAS FROM THIS SESSION:**

Art can be one of the many pathways for HOW to talk about body image at camp.

Relinquishing shame and creating space for how we each hold space can be HOW to create positive body culture at camp.

When we expand our understanding of gender beyond a binary, we can also expand the conversation around body image, as well as create a vastly supportive and positive body culture at camp.

We often think of body image as being only about body size and shape, or our relationships to food and exercise; it's bigger than that, and includes social identity, facial structure, hair, skin color, ethnicity, heritage, gender, sexuality, and more.

The key to liberation and positive body image and culture is allowing for autonomy around choices and experiences (aka consent is key!).

Identify what most challenges your campers and staff around body image and body culture. Consider spearheading writing workshops or art projects connecting to empowering campers and staff to write parts of their bodies love letters or thank you notes, or other ways to embrace the parts of themselves that are most hungry for love.