

### Body Image at Camp

*Elective*

<b>AUTHOR(S):</b>	Natalie Rothstein
<b>SUMMARY:</b>	This session provides discussion about themes around body image at camp along with appropriate language we can access. The discussions will aim to help participants feel better prepared to support a variety of situations connected to body image and create body positive culture at camp - <i>Submitted by Natalie Rothstein</i>
<b>TOPIC(S):</b>	Body Image, Mental Health
<b>LEARNING OBJECTIVE:</b>	The goal of this session is to help participants have a more clear understanding of what body image is and to feel more prepared to have conversations about body image at camp.
<b>AUDIENCE:</b>	Staff members or campers ages 15 and older
<b>TIMING:</b>	90 minutes.
<b>APPENDICES:</b>	None.
<b>MATERIALS NEEDED:</b>	-paper -pens -clipboards
<b>SET-UP DETAILS:</b>	Space where participants can be sitting in a circle. Have session goals on a large piece of paper and also the definition of body image ready to hang for participants to write down.

#### SESSION TIMELINE & OUTLINE:

- Introduction- 10 minutes
- Defining Body Image- 15 minutes
- Writing Workshop- 15 minutes
- Themes Around Body Image at Camp- 25 minutes
- Creating Body Positive Culture at Camp – 15 minutes
- Wrap Up and Questions- 10 minutes

### **Introduction-** 10 minutes

Establish guidelines and group agreements for creating a brave and safe(r) space:

- Use “I” statements
  - Confidentiality
  - Ask clarifying questions
  - Meet risk with risk
  - It’s ok to be raggedy
  - Self-regulate self-care (i.e. it’s ok to step outside if needed) ▪Facilitators are available after
- Opening activity and ice-breaker (5 minutes):
    - Ask participants to share their name, their pronouns if they feel comfortable, and one thing for which they are grateful today.

Goals for the session:

- Defining body image and themes around body image at camp
- Preparing to have conversations and to work on creating positive culture around body image at camp.

### **Writing Workshop-**15 minutes

Handout paper and pens to participants if necessary.

- Ask the participants to write down their definition of body image.
- Go over the definition of body image as a group and open up opportunity for any questions. Recommended to have participants write the definition down. (Have a large poster with definition written out).
  - **Body Image:** Body image is the mental representation you create, but it may or may not bear any relation to how others actually see you. Body image is subject to all kinds of distortion from early experiences, attitudes of our parents, internal elements like our emotions and moods, and much more. (Source: Psychologytoday.com) Note: Body image is a relationship we have with how we view our body.
- Share with the participants the following statement: Jewish law and ethics promote the importance of taking care of our bodies and allowing for healing. The way Jewish law approaches the body emphasizes a vision of taking care of ourselves and being kind to our bodies – both emotionally and physically.
- Ask participants to free write on the following questions. They will not be asked to share their answers with the group (5 minutes):
  - How does this relate Jewish values to body image?
  - How would you describe your relationship to body image?

### **Themes around Body Image at Camp-** 25 minutes

Lead the participants in a discussion about body image at camp with the following questions:

- What are themes you see come up about body image at camp?
- When do you notice more challenging moments happening around body image at camp?
- How do you feel like the camp’s culture relates to body image?
- What ways do you feel like camp’s culture positively and negatively impacts body image topics?

### **Creating Body Positive Culture at Camp-**15 minutes

Review the challenges that participants mentioned in the last section. Offer troubleshooting and brainstorming around ways to manage a few of those types of situations.

Two mindsets encompassing Jewish values that help counter negative talk about body image and can be modeled and incorporated into camp cultures. Practicing these mindsets can help strengthen body positive culture.

Be kind to our bodies and be kind about other people's bodies. What does that look like? Talk through what it means to be kind to your body:

- Saying kind things about your body
- Avoiding self-deprecating language about your body and other people's body
- Nourishing your body
- Taking care of your body through sleep, movement and self-care
- Respecting your body's limits

**Kindness**

חסד

*Chesed*

Practice self-compassion towards your body rather than being hard on your body.

Having compassion towards your body promotes recognizing your self-worth and your body's value rather than being critical about the way your body looks.

- When the temptation is to be hard on your body, replace that with compassion.
- Don't beat yourself up when you don't feel good about how your body looks.
- Give yourself compassion that your body doesn't have to be perfect.
- Your body is doing the best that it can.
- Send your body self-love through warmth and positive outlooks.

**Compassion**

רחמים

*Rachamim*

### Wrap Up and Questions – 10 minutes

- Ask participants:
  - What is something you learned during this session?
  - What are ways you can bring what you've learned from this session back to camp?
- Offer opportunity for participants to ask any questions.