

The Shire of Yarra Ranges

Young Ambassadors for Positive Body Image

As a part of Mental Health Week 2007, the Shire of Yarra Ranges in Victoria approached The FRANK Team to assist with their Young Ambassadors for Positive Body Image Program. Their aim was to train young women from local secondary schools with the information and skills to positively promote body image amongst their peers within their respective schools. This was achieved through a one day training workshop.



The FRANK Team created a unique program for this one day workshop, and provided a skilled facilitator. The workshop included the following topics:

- Introduction to body image
- Interesting facts and statistics
- What the experts say and where students can get more info
- Leadership and using your voice
- Steps to a reality – steps to carrying out a project, motivating peers
- Setting goals

As a result of attending the workshop the Young Ambassadors went back to their schools and implemented their own programs around these central themes. Some of the workshop participants contacted The FRANK Team to ask to use some of our workshop activities for their school projects, and to get some information to distribute at their school events.

The workshop was a success with great feedback from students and teachers alike.

“That was really excellent. Awesome, amazing speaker” – Student

“Great job, realistic approach” – Student

“I love Sacha, she was funny and made it her own and really interested me” – Student

“A very worthwhile day” – Teacher

“We should have these workshops at all schools across the state” - Teacher

“Anna (Project Manager) has been fantastic to work with. Sacha is the most engaging & entertaining facilitator – the girls just loved her!” – Client