

Obesity Organizations

The Obesity Society

<http://www.obesity.org>

The Obesity Society is a scientific organization dedicated to the study of the causes and treatment of obesity. The Obesity Society's goal is to promote research, education and advocacy to better understand, prevent, and treat obesity and improve the lives of those affected.

Obesity Action Coalition

<http://www.obesityaction.org>

The Obesity Action Coalition (OAC) is a non-profit, patient-based organization that offers educational resources, advocates for the safe and effective treatment of obesity, and provides patients with a variety of levels of support. The OAC mission includes efforts to reduce weight stigma, and provides information and educational resources for understanding weight bias, using appropriate, people-first language for obesity, and identifying examples of this problem in the media.

STOP Obesity Alliance

<http://www.stopobesityalliance.org>

A main focus of the STOP (Strategies to Overcome and Prevent) Obesity Alliance is to conduct and assemble research that identifies cultural and systemic biases in combating obesity and its related health conditions. Read the [guide on talking to children about weight and health](#),

Bullying Websites

Stop Bullying

<http://www.stopbullying.gov>

Stop Bullying Now! offers video workshops, downloadable tip sheets, the Stop Bullying Now! Activities Guide, and a Video Toolkit DVD containing webisodes, PSAs, and more.

Bullying.org

<http://www.bullying.org>

Bullying.org provides online lesson plans, teachers' guides, and other resources for educators to help deal with and prevent bullying in schools and classrooms.

PACER's National Center for Bullying Prevention

<http://www.pacer.org/bullying/sap>

PACER Center's site for schools contains information about bullying prevention, lesson plans, and materials for National Bullying Prevention Awareness Week. While the site specializes in children with disabilities, their information is useful and relevant for all children who are being bullied.



Web Resources for Educators



[Bully Boy](#)

http://www.bullyboy.ca/teachers/index_e.htm

Bully Boy was created by two Canadian youths with a mission to stop bullying. They provide resources for use in schools, including the interactive comic book *The MISadventures of Bully-Boy and Gossip-Girl*.

[Bully Police](#)

<http://www.bullypolice.org/teachers.html>

Bully Police is a watch-dog organization that reports on state anti-bullying laws and advocates for bullied children. The site posts the names of schools that fail to deal with bully problems and also contains information for teachers.

[Girls Health](#)

http://www.girlshealth.gov/educators/bullying_educators.htm

This government sponsored site contains a wealth of information and resources for educators and schools, including links to bullying curriculums.

[Voice4Nations](#)

<http://qualityanswerservice.com/call-stop-bullying>

Voice4Nations is a non-profit organization that developed the *Anti-Bullying Project* that works to raise awareness and reduce the impact of bullying in schools and in communities. Resources such as fact sheets, how to spot a bully quiz, and strategies to address bullying incidents, is provided for kids, parents, and educators.

School-Based Diversity & Anti-Bullying Curriculums

[Anti-Defamation League - A World of Difference Institute](#)

http://www.adl.org/education/edu_awod/default_awod.asp

ADL's A World of Difference® Institute is the educational component of their organization. The Institute seeks to help participants recognize bias and the harm it inflicts on individuals and society, explore the value of diversity, improve intergroup relations, and combat all forms of prejudice and bigotry. The program includes A Classroom of Difference: A pre-K through grade 12 curriculum for teachers, staff, students, and family, including teacher training, early childhood education, and peer educator programs. More than 375,000 elementary and secondary school teachers - responsible for nearly 12 million students - have participated.

[Teaching Tolerance](#)

<http://www.tolerance.org>

Teaching Tolerance (a project of the Southern Poverty Law Center) is highly respected within the education world and is an influential publication in the anti-bias education field. Teaching Tolerance offers online education and resources for parents, teachers, teens, and kids aimed at stopping hate and promoting diversity. Teaching Tolerance also provides free kits and handbooks to schools and ideas for classroom activities. There are 10 different kits on specific topics that range in target age from pre-K to



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Web Resources for Educators

Rudd Roots Parents®

12th grade. Recently, Teaching Tolerance posted a new resource to specifically address Weight Bias, called the “ABC’s of Size Bias”. This resource includes lesson plans, expert Q & A, and strategies for educators and parents to foster healthier attitudes about body size.

[Operation Respect](http://operationrespect.org)

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Operation Respect is a non-profit organization working to assure that youth experience a respectful, safe and compassionate climate of learning where their academic, social and emotional development can take place free of bullying, ridicule and violence. Operation Respect’s “Don't Laugh at Me” (DLAM) is a classroom-based program, with components for grades 2-5, another for grades 6-8 and a third for summer camps and after-school programs. All of the programs utilize inspiring music and video along with curriculum guides based on the well-tested, highly regarded conflict resolution curricula developed by the Resolving Conflict Creatively Program (RCCP) of Educators for Social Responsibility (ESR). Thanks to the generosity of The McGraw-Hill Companies, and other supporters, Operation Respect disseminates the DLAM programs free of charge. More than 145,000 copies of the curriculum have been distributed to educators since Operation Respect's inception. The website includes a variety of resources for educators, parents, and students, including a curriculum guide, evaluations, CD, and video.

[Steps to Respect: A Bullying Prevention Program](http://www.cfchildren.org)

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Produced by the Committee for Children, this program engages the entire school and includes classroom lessons for students in the upper-elementary grades (3-5 or 4-6), workshops and training for all adults at the school, materials for parents, and step-by-step procedures to help school leaders put anti-bullying policies into action. The Steps to Respect kit includes everything schools need to implement the program, including step-by-step guidelines for program use, sample anti-bullying policies and procedures, research on bullying, and best practices for prevention. The Training Manual includes outlines, presentation materials, staff training videos, and parent education materials. Approximately 3300 schools across the U.S. and Canada are currently using the Steps to Respect program.

[Women's Educational Media - The Respect for All Project](http://www.womedia.org/respectforall)

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The Respect for All Project (RFAP) offers a comprehensive set of resources for educators and youth-service providers, including award-winning documentary films, high-quality curriculum guides and comprehensive professional development workshops. The *Let's Get Real* film and curriculum focuses on name-calling and bullying among middle school students. Workshops provide participants with effective tools to help youth explore the underlying issues that lead them to tease or harass one another, including stereotypes and prejudice. This film also addresses weight-related bullying.



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November 2013



[Understanding Prejudice](http://www.understandingprejudice.org)

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UnderstandingPrejudice.org is a web site designed for students, teachers, and others that discusses the causes and consequences of prejudice. They feature several interesting tools for understanding prejudice, including online slide tours, surveys, sample curriculums, and classroom activities. There is also a searchable database with information on many prejudice researchers and social justice organizations.

Healthy Body Image Curriculums

[New Moves](http://www.newmovesonline.com)

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New Moves is an evidence-based alternative physical education program for girls that promotes girls' healthy body- and self-image with lessons on healthy eating and physical activity habits. Program materials are freely available online and include a teacher's guide, worksheets, activity ideas, lesson plans, and a cookbook. Sessions cover topics including social support (i.e. stress management, goal setting, and body image), nutrition, and physical education.

[Your Own Healthy Style](http://opi.mt.gov/pdf/health/bodyimagecurr.pdf)

<http://opi.mt.gov/pdf/health/bodyimagecurr.pdf>

Your Own Healthy Style is a middle-school curriculum developed by the Montana State University – Bozeman and Montana Office of Public Instruction. The purpose of the curriculum is to increase self-acceptance and body satisfaction by equipping students with the knowledge and tools for understanding normal body changes, media messages about body image, and the importance of health behaviors. Educational material, worksheets, and activity ideas are included in this guide for teachers to share with students and additional resources are available to expand awareness of a positive body image to parents.

[Healthy Body Image - Lesson Plan for High School Students](http://www.extension.purdue.edu/extmedia/CFS/CFS-737-W.pdf)

<http://www.extension.purdue.edu/extmedia/CFS/CFS-737-W.pdf>

This is four-activity unit curriculum guide is designed for use with high school students. Each unit includes facilitator notes, discussion questions, interactive activities, the take-home message, and a final questionnaire to assess students' understanding of the material. Topics include tolerance of individual differences ("Celebrate Your Unique Qualities"), deciphering media messages ("Mixed Messages: Living in a Supersized World"), achieving healthy body weight through nutrition ("Healthy Eating in a Nutshell"), and understanding physical fitness ("An Ounce of Exercise Keeps the Doctor Away").



Web Resources for Educators



[Healthy Bodies; Teaching Kids What They Need to Know](http://bodyimagehealth.org/healthy-bodies-curriculum)

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Healthy Bodies is an evidence-based weight stigma reduction program that includes 11 lessons that promote positive eating and fitness habits for students in grades 4 to 6 (adaptable for any age). The program provides lessons that not only educate students about healthy behaviors, but additionally boost their self-esteem and empower students with the tools needed for making healthy lifestyle decisions. Each unit provides educators with an overview of lesson objectives, key concepts, and desired outcomes for students as well as relevant handouts, vocabulary lists, and lesson scripts for leading the lessons.

[MY HERO](http://www.myhero.com/go/teachersroom/index.asp)

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MY HERO is a not-for-profit project which aims to leverage the positive potential of media and technology. The project is a venue for sharing stories, art, and films about personal heroes and is a helpful platform for teachers to guide students in selecting positive role models. Using a "lessons plan finder", teachers can search for specific topics they'd like to address (e.g., how to choose heroes, heroes versus celebrities, interviewing heroes). Most lesson plans include powerpoint presentation, relevant handouts for students, and the procedure for incorporating the lesson into classroom time.

[Common Sense Media](http://www.common sense media.org)

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Teachers can use the "Scope & Sequence" tool to find lessons that teach students about issues such as internet safety, media and self-image, and cyberbullying. In addition to classroom lesson materials, educators can access resources that provide opportunities for professional development and for engaging and educating families.

