

RESPECTME'S CHANGE MAKER SERIES:

ARE YOU CHANGE READY? BODY IMAGE, APPEARANCE AND BULLYING PART 2.

CALLS TO ACTION

Please support *respectme's* Calls To Action below and help us share them with your organisations and networks. Thank you.

EDUCATION

- **CALL 1: Explaining to children and young people** the relationships that exist between appearance related bullying and bullying connected to protected characteristics i.e. intersectionality.
- **CALL 2: Leading conversations** with children and young people to explore negative body image messaging and stereotypes in all forms of media and the impacts these can have in contributing to bullying behaviour.
- **CALL 3: Educating all people** working with and caring for children and young people about visible difference, appearance related bullying, good body image and body acceptance using our digital resource pack.

CREATING INCLUSIVE ENVIRONMENTS

- **CALL 4: Creating a culture of body acceptance** and body confidence to prevent appearance related bullying as part of a wider strategy of inclusion and diversity in all school and youth settings.
- **CALL 5: Designing safe spaces** for all children and young people where they feel accepted in their own body and appearance and are enabled to safely report appearance related bullying.

WORKING TOGETHER

- **CALL 6: Inspiring and supporting children** and young people **to lead local campaigns** to raise awareness of appearance related bullying and to promote good body image.
- **CALL 7: Galvanising parents/carers to work collaboratively in settings to recognise, prevent and respond** to all forms of appearance related bullying recognising their vital role as influencers in children and young people's lives.