Teachers in both primary and secondary schools are required to address issues of health, food, nutrition, growth, development and body image as part of NSW PDHPE syllabuses. This one day conference provides updated content about these areas of the curriculum as well as new research findings and classroom strategies for addressing these issues. Teachers can take the knowledge update and ways of using the teaching resources back to their classrooms and directly apply what they have learned.

**EVERYBODY’S DIFFERENT**

A positive approach to teaching about health, puberty, body image, nutrition, self-esteem and obesity prevention.

**Cost**
$200 GST Inclusive
(Cost includes a copy of Dr. Jenny O’Dea’s teaching and resource book *Everybody’s Different)*

**Date**
Friday 7 March 2008

**Venue**
Education Building, Manning Road
The University of Sydney

**Administrative Enquiries**
Nina Goodwin
Division of Professional Learning
Faculty of Education and Social Work, A35
The University of Sydney NSW 2006
Email: nina.goodwin@edfac.usyd.edu.au
Phone: +61 2 9351 6329

For more information visit

Overall body dissatisfaction in children and adolescents has increased dramatically in the last few decades, with a heightened prevalence of dieting, eating disorders, obsessive exercise and steroid abuse. Issues related to obesity and healthy lifestyles are now national concerns.

This timely conference will allow teachers to explore and develop a planned approach to these issues in an informed, positive and effective manner for body sensitive young people.

Following the successful 2005 Body Image Conference, and the recent publication of Dr Jennifer O’Dea’s latest book, Everybody’s Different (2007), this conference will detail how to apply a proven self-esteem approach in schools, community settings and clinical situations to improve body image conceptions, prevent eating disorders and obesity, and foster health, nutrition and physical activity in young people. The program will include formal presentations and practical workshops along with opportunities for discussion.

Participants will receive a copy of the new teaching and resource book Everybody’s Different (2007) as part of their conference package.

About the Academic Coordinator:
Associate Professor Jenny O’Dea is a dietician, health and nutrition education researcher and Senior Lecturer in the Faculty of Education and Social Work at the University of Sydney. She is an Associate Editor for Health Education Research, has written three books on child nutrition and health, and is conducting two Australian Research Council studies about food habits, physical activity, sport, growth, pubertal development, body image and weight issues among children and adolescents.