

ORAL PRESENTATION

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# I love me - Body Image Peer Mentor, Support and Leadership Program

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Isis- The Eating Issues Centre Inc. School Based Prevention and Early Intervention Evaluation

Isis- 'I Love Me', is an interactive program promoting a whole of school approach to promoting positive body culture using creative, interactive age appropriate activities and discussions. Quantitative and Qualitative evaluation of 6 pilot schools will be presented alongside learnings and recommendations.

Pre and post measures of students were evaluated (n=110). 59 year ten, 38 year nine, 2 year eleven and 2 year twelve students participated comprised of females 53.6%, males 29.1% with an age range from 13 to 17. Control group included 36 and 74 completed the pilot program.

Qualitative measures indicated increase in students self-reported knowledge of body image; confidence in referring, ability to contribute to improved body image in others, increased satisfaction and acceptance of own body. Quantitative results include:

- The Sociocultural Attitudes scale showed a significant reduction in media influence across all of the subscales after Isis training, including significant decrease in body surveillance.
- The Empowerment scale showed an improvement in self-esteem, increased capability of achieving outcomes as a community, increased optimism and sense of control over the future.

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