



## Amazing Me

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### What is the Amazing Me Program?

The Amazing Me Research Study is a partnership between Arizona State University and the Dove Self Esteem Project. Together with teachers, we have developed an evidence-based curriculum to **build body confidence** and **self-esteem**, and reduce **appearance-related bullying** and **teasing** in 4<sup>th</sup> and 5<sup>th</sup> graders. Appearance-related bullying and teasing is common among children, yet not addressed in current prevention programs. This program can be implemented by any educator. The curriculum meets several National Education Standards for Health and Wellness education and can be implemented in-person or virtually.

### Why this program?

Did you know that by the 6<sup>th</sup> grade, 40% to 70% of students (both boys and girls) dislike their bodies and engage in unhealthy practices to alter the way they look? Middle school teachers report observing students skipping lunch, making negative statements about their bodies, and talking negatively about other student's bodies. Research shows these behaviors can hurt academic functioning, social relationships, and lead to unhealthy eating behaviors.

The good news is that increasing student's body confidence, self-esteem, and decreasing appearance-related bullying and teasing can prevent these issues. In addition, our program promotes kindness.

### How will your school benefit?

The results of this study will provide insights into the most effective methods of increasing body confidence and self-esteem among 4<sup>th</sup>- 5<sup>th</sup> grade children, and provide educators with the tools they need to address these issues in children. This curriculum will also provide material addressing body confidence, self-esteem, and bullying and teasing based on body weight, shape, and size. By the end of the program, educators will have received a total of 6 classroom activities, 10 additional supplemental activities, 9 family activities that they can use for their class. For participating in the study, each educator will receive also \$200 for classroom supplies

### How will the Amazing Me Program work?

- Educators will be randomly assigned into Intervention or Control
- Educators will send out Parent Informational Letters
- Educators and Students will take an online survey
- Educators are paid \$100
- Educators will either receive the curriculum and teach it over 6 weeks or wait 6 weeks
- After 6 weeks, Educators and Students will take another online survey
- Educators are paid \$100
- Control will receive the curriculum and teach it at their own pace