



FAMILY ACTIVITY

**GRADES
4–5**

Timing

30 minutes

Materials

- **Respectful Contract**
Family Handout
- Pen or Pencil

Bullying & Teasing and Their Effect on Body Confidence

THE RESPECTFUL CONTRACT

Did You Know?

Body image can be defined as a person's thoughts, feelings, and behaviors related to appearance. In other words, body image is how we view our bodies.¹ Many things can affect body image, including family, friends, and the media. Research has found that comments about size, weight, and shape from parents and family influence body dissatisfaction. Body dissatisfaction is linked to depression, low self-esteem, and eating disorders.² Family members who make comments about their child's weight cause great harm to their self-esteem.³ Even positive comments about someone's body or appearance can result in someone feeling worse about themselves—it only takes 3 to 5 minutes of talking about weight to negatively impact someone's body image.⁴

Parents can help support their children by focusing less on appearance and more on the amazing things that our bodies can do.

Activity Overview

In this activity, families will construct a "Respectful Contract" that outlines acceptable and unacceptable behaviors in your household. Families will discuss how these behavioral norms can be applied outside of the home, like at school or in the community.

¹ Cash & Pruzinsky, 1990; Cash & Smolak, 2011

² Evans et al., 2012

³ CAR Literature Review

⁴ Stice, Maxfield & Wells, 2003

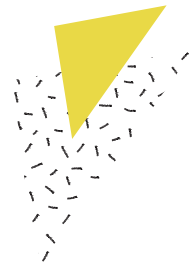
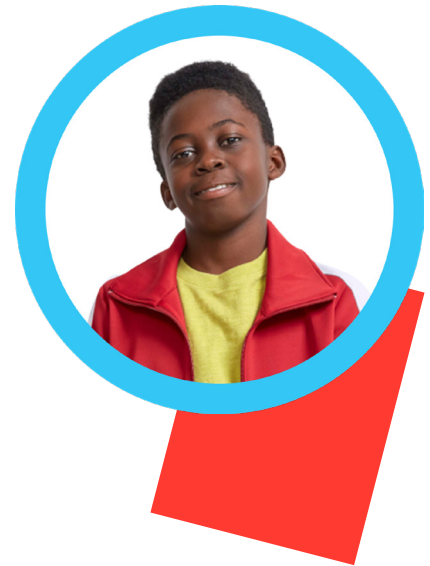
Learn & Grow Together

Discuss

With your family, discuss the types of behaviors that are encouraged and discouraged in your household. Discuss the reasons why, any positive or negative consequences, and if there are any situations in which the rules around acceptable behavior change.

Do

- Using the **Respectful Contract** handout, discuss sections 1–4 with your family before deciding on and recording your decisions.
- Discuss what values they display about your family. What standards or principles are demonstrated? Some examples are trustworthiness, honesty, loyalty, respect, etc. Record your family's values in section 5.
- Read the contract out loud in its entirety. When every member of the family agrees to it, each person should sign their name at the bottom.
- Consider framing the contract for display or hanging it in a prominent space in your home.



Respectful Contract

We, the _____ household commit to the following Respectful Contract:

SECTION 1

We will practice the following respectful behaviors when we are in the home:

_____, _____, and especially _____.

SECTION 2

When a member of the household engages in one of these respectful behaviors, the other members of the household will _____ and _____.

SECTION 3

The household commits to banning the following negative behaviors: _____, _____, and certainly _____.

SECTION 4

When a member of the household engages in one of these negative behaviors, the other members of the household should _____ and _____.

SECTION 5

Above all, the household strives to commit to its core values, which are _____ and _____. We will try our best to practice these values wherever we are, and with everyone we meet.

Signatures _____

Date _____
