



Further support signposting guide

This document has been prepared to provide additional support to those using the Every Body Deserved Kindness film and teaching resource pack [<https://www.leedsbeckett.ac.uk/research/obesity-institute/every-body-deserves-kindness/>]. It provides signposting to trusted, evidence-based support and guidance for school staff, parents, carers and pupils in relation to health and wellbeing, including support for those living with obesity.

Guidance on how to talk positively about weight with children

University of Bath resources:

Website: <https://www.bath.ac.uk/guides/talking-to-your-child-about-weight/>

Provides a short film and downloadable resource to help parents and caregivers talk with children (aged 4–11) about weight in a positive way.

Support groups and advice lines

UK Coalition for People Living with Obesity (UKCPO):

Website: <https://ukcpo.org/>

Is a community interest company founded by people living with obesity, to support people living with obesity in the UK. They provide useful resources, and a range of online and in person peer to peer support groups, which are free to attend.

Childline:

Website: <https://www.childline.org.uk/>

Offers free, confidential counselling to under-19s through their helpline and webchat. Tel: 0800 1111

Bullying UK Provides

Website: <https://www.bullying.co.uk/>

Provides advice if you or someone you know is being bullied. They have a free, confidential helpline for parents.

Tel: 0808 800 2222 Helpline hours: Mon–Fri 9am–9pm, Weekends 10am–3pm

Information about living with obesity and obesity treatment

All About Obesity:

Website: <https://allaboutobesity.org/>

This is a community interest company founded by obesity experts, aiming to educate, inform, support, and advocate for people living with obesity in the UK.

NICE Guidance – Overweight and Obesity Management:

Website: <https://www.nice.org.uk/guidance/ng246>

Provides guidance on the management of obesity for anyone living with obesity, parents, carers and schools. It provides information about what care and support to expect, including sensitive communication and where to get help.

NHS Support Pages – Obesity Treatment:

Website: <https://www.nhs.uk/conditions/obesity/>

NHS England provides separate guidance for adults and children on obesity treatment, including lifestyle, medical, and surgical support options.

Wellbeing support for young people

Young Minds Provides:

Web: <https://www.youngminds.org.uk/>

Provides information about mental health, support services, and guidance for children and young people.

BBC Bitesize:

Website: <https://www.bbc.co.uk/teach/topics/c4nnev58wqnt>

Provides some useful short films on self-Image and body positivity.