

FOR SCHOOLS

THEY ARE ALREADY LEARNING TO JUDGE THEIR BODIES.

LET'S TEACH THEM SOMETHING DIFFERENT.



BODY IMAGE • WEIGHT STIGMA • EATING-DISORDER AWARENESS
RESPECT. KINDNESS. CRITICAL THINKING.

ONE MESSAGE. DIFFERENT DEPTH FOR EVERY AGE.

Beyond the Scale delivers age-appropriate workshops and assemblies that challenge weight stigma, body-based bullying and harmful social messages while helping pupils build healthier, kinder attitudes towards themselves and others.

YEARS 5-6

Body differences, kindness, teasing, early online pressure and asking for help.

YEARS 7-8

Puberty, appearance pressure, social media, body stereotypes and harmful comments.

YEARS 9-10

Diet culture, weight stigma, eating-disorder awareness, misinformation and supporting friends.

YEARS 11-12

Discrimination, cultural pressure, algorithms, myths, critical thinking and advocacy.

WHAT A VISIT LOOKS LIKE

- 1 Arrival & school briefing**
- 2 Age-group session**
- 3 Interactive activity**
- 4 Questions & reflection**
- 5 Teacher resources + signposting**

You cannot tell someone's health, habits, worth or story by looking at their body.

DESIGNED TO COMPLEMENT PSHE / RSHE.

Beyond the Scale is designed to sit alongside a school's existing provision, supporting conversations around mental wellbeing, respectful relationships, body image, online influence, physical health and help-seeking.

✓ **Mental wellbeing**

✓ **Body image & self-esteem**

✓ **Respectful relationships**

✓ **Online influence & media literacy**

✓ **Physical health**

✓ **Help-seeking & support**

SAFE, THOUGHTFUL, AGE-APPROPRIATE

- No calorie counts, weigh-ins or BMI activities.
- No appearance-comparison exercises or “before and after” imagery.
- No diagnosing pupils and no forced personal disclosure.
- Eating-disorder awareness is handled carefully, non-sensationally and with clear signposting.
- Sessions focus on prevention, respect, critical thinking and knowing when to seek help.

FLEXIBLE OPTIONS FOR YOUR SCHOOL.

HALF DAY

£280

LAUNCH PRICE

- Two age-group sessions
- Printable pupil worksheets & activities
- Teacher follow-up resource
- Digital Beyond the Scale poster pack
- Support & signposting sheet

FULL DAY

£500

LAUNCH PRICE

- Four to five age-group sessions and/or assembly
- Age-adapted content throughout the day
- Printable pupil worksheets & activities
- Teacher follow-up resource
- Digital Beyond the Scale poster pack

TRAVEL

Additional travel costs may apply depending on distance and will always be agreed with the school before booking.

WHAT SCHOOLS RECEIVE

AGE-ADAPTED DELIVERY

STUDENT ACTIVITIES

TEACHER FOLLOW-UP MATERIAL

DIGITAL POSTER RESOURCES

SUPPORT AND SIGNPOSTING INFORMATION

QUESTIONS OR BOOKING ENQUIRIES?

beyondthescalecampaign@gmail.com

MEET YOUR FACILITATOR

FRANCESCA NICOLAIDES

FOUNDER, BEYOND THE SCALE CAMPAIGN

Francesca has experience working in school environments and founded Beyond the Scale to challenge weight stigma, body-based bullying and harmful cultural messages around food, bodies and self-worth. Her work has a particular focus on early prevention, respectful language and helping young people think critically about the messages they receive about bodies.

ENHANCED DBS CHECKED

REGISTERED WITH THE DBS UPDATE SERVICE

**A CHILD SHOULD NOT LEARN TO
HATE THEIR BODY BEFORE THEY
LEARN TO UNDERSTAND IT.**

BRING BEYOND THE SCALE TO YOUR SCHOOL.

BOOKINGS & QUESTIONS

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Detailed learning outcomes and session planning information can be provided to schools on request.