

Education Wellbeing Service

Parent Webinar Series – what did parents say?

Session title: I Wish I Looked Like Them - Helping Teens Navigate Body Image Issues

Session dates: Thursday 16th – Friday 17th November 2023

Total webinar signups: 254

Parents were asked to rate how they felt about the statements below:

How did parents feel about the pace of the webinar

● Too fast	0
● About right	22
● Too slow	1



Parents would recommend this and similar webinars to others?

● Yes	23
● No	0
● Other	0



What parents said their main take aways were from the webinar:

Try to listen more and not voice my own thoughts

Follow what feels right for your teen and family

Not trying to persuade or contradict my daughters feelings; making sure my own words and behaviour model positive body image

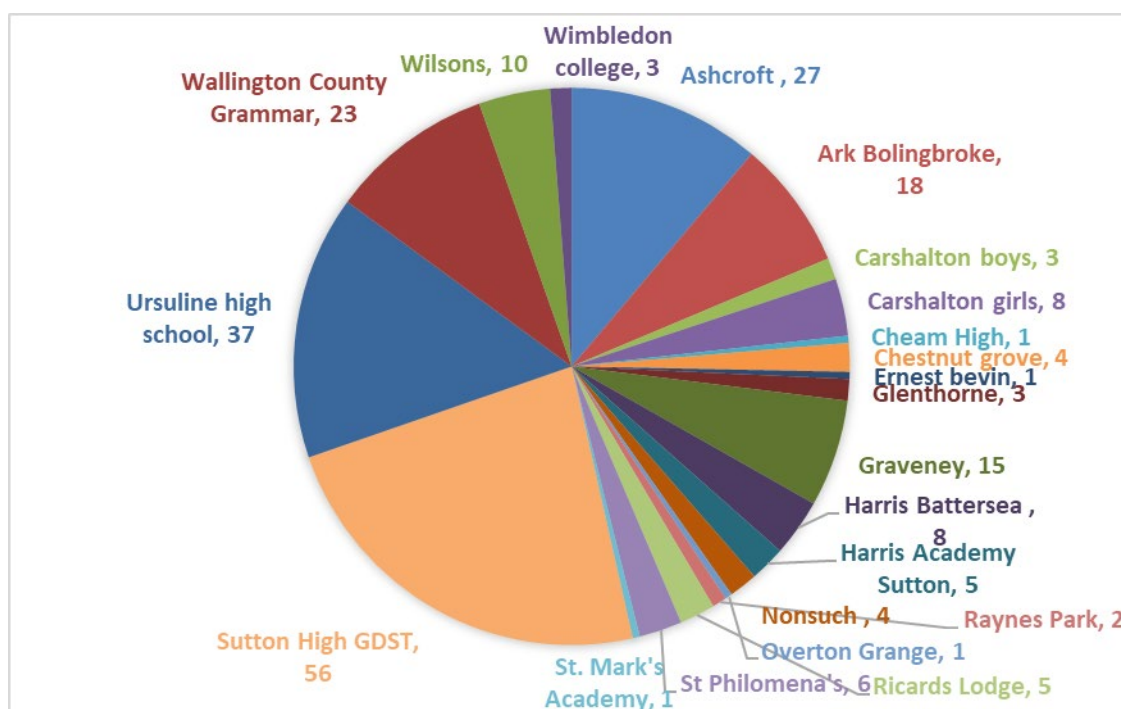
What parents felt could be improved in the future:

More focus on the issues that boys face

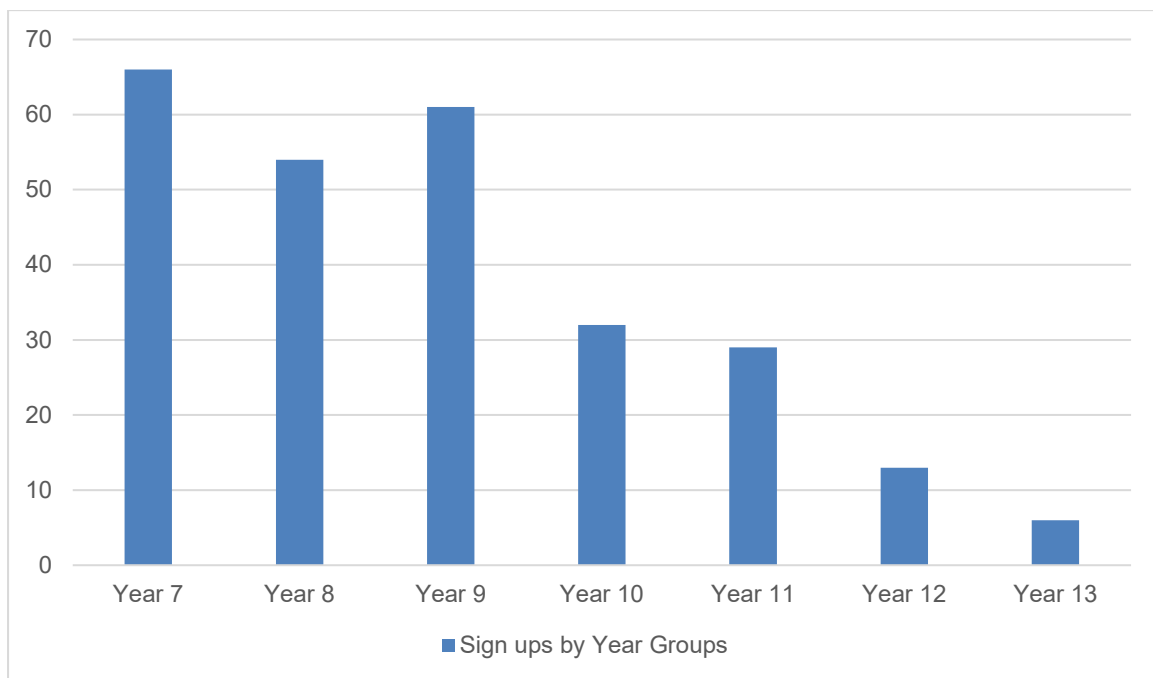
More resources for pre-teens, things they could read or videos to watch

Examples of things teenagers say or demonstrate and modelling the words to use in response are particularly helpful

Signups by school:



Signups by year group:



Schools some signups but low rate (5 or less parents):

Carshalton boys	Overton Grange
Cheam High	St. Mark's Academy
Chestnut grove	Wimbledon college
Ernest Bevin	
Glenthorne	
Nonsuch	

If your school name is not on the above lists, none of your parents signed up to this webinar. Please advertise these free webinars as part of your Education Wellbeing Services to support parent wellbeing. Please speak to your Education Wellbeing Service Lead for support, advice or discussion.