



# MAKE A DIFFERENCE!

WE CHALLENGE YOU TO FOSTER AN ENVIRONMENT THAT  
PROMOTES BODY DIVERSITY AT CAMP THIS SUMMER.

SUMMER 2020

## HOW DOES THIS SHEET WORK ?

We've selected tricks and tips meant to help you integrate body diversity into your camp this summer.

## THERE ARE FOUR THEMES TO DISCOVER



ORGANIZE YOUR  
ENVIRONMENT



A BREATH OF  
FRESH AIR



IN INDIVIDUAL  
MODE



POWER UP  
TRICKS



## REMINDER

### What is body diversity?

**Promoting body diversity means exposing campers to a greater variety of bodies, shapes, skin colours, etc.**

Kids have never been exposed to so many images of thin or extremely muscular bodies. This leads them to forget that it is normal for people not to be cut from the same mould.

### How can I integrate body diversity at camp?

**Foster an environment where campers are accepted just as they are, regardless of their physical appearance.**

#### Key messages:

**Your body is much more than a simple image.**

It possesses other qualities that better define you than your appearance, and it allows you to do so many great things.

**Each person is unique.**

Difference is beautiful, and it should be embraced and respected.

**Highlight individual strengths**

To build self-esteem among your campers, it's important to recognize their achievements, while emphasizing their individual abilities, strengths and qualities.

**Make camp a positive experience for your campers.**

Providing a positive experience means ensuring that each camper fully takes part in activities, has fun and feels respected in the group.



## ORGANIZE YOUR ENVIRONMENT

**Make sure that visual markers are clear so that campers know where to place themselves.**

### **Plan the space you need to present your activity:**

Consider marking off each camper's space so that he or she is at ease with taking part in the activity, regardless of his or her height or body shape. For example, if you ask your campers to use a yoga mat to carry out an activity, make sure the mat is the right size.



## A BREATH OF FRESH AIR

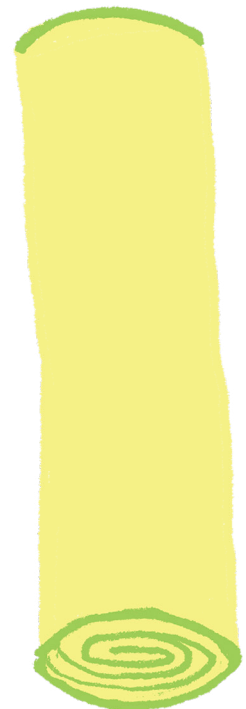
**Make sure all your campers are comfortable with your activities, regardless of the environment.**

**On a hot summer day, having fun outside and being able to cool off is doubly important! All your campers should have fun playing in the water.**

What if one of your campers doesn't want to put on a bathing suit out of fear of what others will think? Listen attentively and let the camper know that he or she is not alone and has your support. What would help that camper take part in your activity? Your role is to ensure that all your campers have fun playing!

**Summer is synonymous with lightness. Seasonal clothing means that more skin is visible and thus, greater the chances of being mocked. Do not let comments concerning appearance pass without intervening.**

What's important is that you instill an atmosphere of respect within your group in order to ensure that each camper feels accepted at camp.





## IN INDIVIDUAL MODE

**In order to avoid physical contact, favour activities that require little or no material, or material that can be used individually.**

**Do your campers tend to be critical of their bodies and to speak in negative terms about them? Include the activity I am super in your program. Ask your campers to say something positive about a part of their bodies and to explain what it allows them to do.**

- I like my feet because they allow me to dance!
- I like my mouth because it lets me make faces that the other campers find funny!
- I like my arms because they allow me to swim!

Psssst! Consider doing this activity with makeup pencils. Have each camper write on his or her body. This activity requires very little material, and it's loads of fun!



**Encourage each camper to name the qualities, strengths and skills of the other campers in the group.**

This is a good way to spread the message that each camper is unique.

See the tool entitled **I am unique** for helpful hints on successfully presenting your activity.

In order to reduce the use of materials, consider using chalks. Ask your campers to write down their words on asphalt, for example.

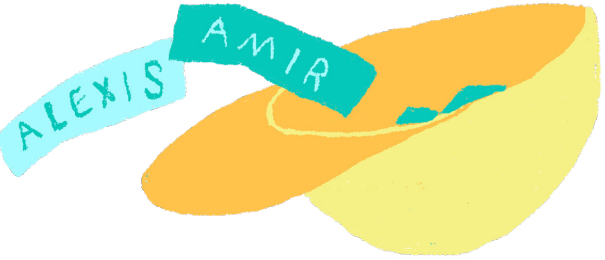
Tip: One by one, have your campers walk around flowers drawn on the ground or have them move in a clockwise direction and write a comment on each flower.





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## POWER UP TRICKS

**At meal times, avoid talking about popular dieting trends or classifying foods as good or bad.**

Instead, take a moment to tell your campers about the culinary discoveries you've made in recent months. Ask them if they, too, spend time cooking with their parents.

**If the campers make comments or joke about weight gain during confinement, kindly explain that such comments can be hurtful and are therefore unacceptable.**

Encourage the campers to talk about positive things not connected to bodily appearance and weight.

Can't remember the key messages in the training entitled **Body diversity: I have a role to play**? View the training sheets and the related tools, which have everything you need.

**At the start of your activities, think of forming teams differently.**

Use a random selection process with numbers and colours to ensure that physical appearance doesn't take precedence, especially during team sports.

**Plan activities or alternatives that all campers, without exception, can take part in, regardless of their physical abilities. See the activity entitled A camp for everyone.**

## DES ACTIVITÉS DIVERSIFIÉES

**Organize fun activities that are not centred around the campers' physical abilities.**

For example, favour activities in which the campers are winners or in which they create their own challenges.

**If you use images or photos in your activities, make sure they accurately reflect our diversity by presenting a variety of body types and thus representing our reality.**

Too often, media images project stereotypes. You can even lead an activity on stereotypes perpetuated by media.

**Speak to your campers about new sporting trends and the pleasure you get from being active rather than the calories lost or how you want to change your body by practicing a physical activity.**

**Remember that you're a role model for these campers, and your words and actions have an impact!**



**THANK YOU FOR PURSUING YOUR MISSION AS A COUNSELOR IN THE FIELD THIS SUMMER!**



**Thank you to our loyal partners for reviewing this tool:**

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