Primary Assembly Script – Body Positivity

This assembly is a great way to kick off the new year in school, discussing the importance of body positivity, respect for difference and diversity and launching tootoot.

We believe it’s important for pupils to explore body positivity at this time of the year, due to weight loss and diet plans being talked about frequently in the media and potentially at home.

**Slide 1**

Welcome!

In today’s assembly we will be talking about body positivity.

**Slide 2**

What is body positivity?

* It’s about how you feel about the way you look.
* You accept your body and you feel comfortable in it.

**Slide 3**

Our bodies are amazing!

**Slide 4**

They can do incredible things!

* Your heart beats one hundred thousand times per day
* Stomach acid can dissolve metal
* There are thirty-seven trillion cells in your body
* Human teeth are just as strong as shark teeth
* The nose can recognise a trillion different scents

**Slide 5**

Although we are all made up of the same body parts on the inside…

**Slide 6**

We all look different on the outside!

**Slide 7**

We should all be proud of the things that make us different.

**Slide 8**

Life would be boring if we all looked the same.

**Slide 9**

Diversity and difference should be respected and celebrated!

**Slide 10**

If there is anything that is making you feel unsafe or unhappy you can send a message using tootoot.

You can use tootoot on a computer, tablet or mobile.

**Slide 11**

To use tootoot you can go to [www.tootoot.co.uk](http://www.tootoot.co.uk) or use the app, just search for ‘tootoot’ and download.   
  
On the website you will come to this page, then click login.

**Slide 12**

Then enter [school name]

**Slide 13**

Next enter your log in details

**Slide 14**

Finally enter your message and click make a noise

**Slide 15**

If you forget your tootoot login, please speak to ……………