

Who Are You? Interactive Display

Be Active, Eat Well, Be Yourself



Who Are You? is an interactive display, supported by Toronto Public Health staff, that promotes a healthy body image for males and females 11-13 years of age.

Who Are You?

I Am Me. I Am Unique. I Am A Body In Motion.

Youth are invited to participate in a “Spin the Wheel” game and answer questions about:

- Healthy eating
- Physical activity
- Self-esteem
- Lifestyle issues

These questions are designed to:

- raise awareness about the factors that influence body image
- educate youth about health promoting behaviours
- stimulate discussion on healthy lifestyle choices

The **Who Are You?** display can be booked **free** of charge and includes staff from Toronto Public Health. It can be used at student workshops in schools and teen groups at community centres, etc. Handouts and promotional items reinforce the key messages.

For more information or to book the display:

- **Contact your School Liaison Nurse**
- **Call Toronto Health Connection at 416-338-7600**
- **Visit our Web site at www.toronto.ca/health**