

# I am good enough.

## Diverse body images make us strong

01/2022 – 12/2023

### Initiator

Funded by the Agenda Gesundheitsförderung and the Fonds Gesundes Österreich

### Objectives

queraum and the Wiener Gesundheitsförderung have been commissioned by the Fonds Gesundes Österreich with the project “I am good enough. Diverse body images make us strong”. The Wiener Programm für Frauengesundheit (MA 24) and the Magistratsabteilung Bildung und Jugend (MA 13) will also collaborate in selected work packages. The project contributes to reduce bodyshaming, discrimination and negative body images in settings relevant to young people. “I am good enough” tackles these issues in a positive and empowering approach and focuses body diversity. The project objectives may be summarized as follows:

- Young people deal critically and creatively with beauty ideals and body standards as presented by the media.
- Young people reflect upon the meaning of (self-)acceptance in diversity and the project raises awareness for the relation between body images and well-being (health literacy).
- Young people understand the concepts of body positivity and body neutrality and know how to apply them to their daily lives.
- Young people (aged 15–19) co-create the project (participation) and do not only deal with body images but also see themselves as competent and influential (empowerment).
- Relevant adults (e.g. parents) and multipliers are informed and sensitized about the importance of body images for the mental health of young people (capacity building).
- The project not only reaches its participants but also other young people and adults via an information and awareness campaign.

### Implementation

queraum carries out the project together with the Wiener Gesundheitsförderung. In workshops that are developed participatively with young people aged 15–19, younger boys and girls (aged 12–14) subsequently deal with body images and develop creative projects. In addition to the work with the younger target group, trainings for relevant adults (e.g. parents) and multipliers (e.g. teachers, youth workers) are developed. Additional target groups are reached via an information and awareness campaign.

### Your contact

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<https://iamgoodenough.at>