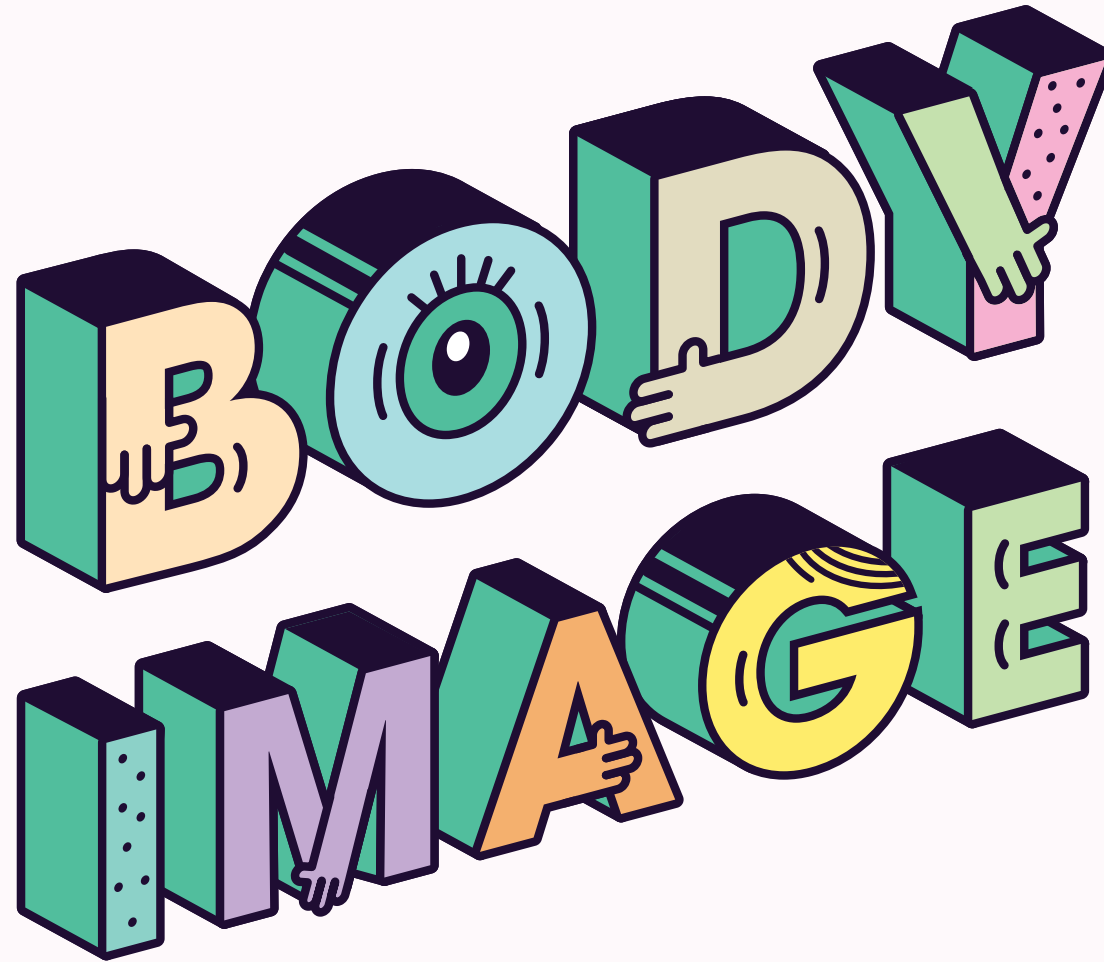








Peer
Education
Project



How we think and feel about our bodies.

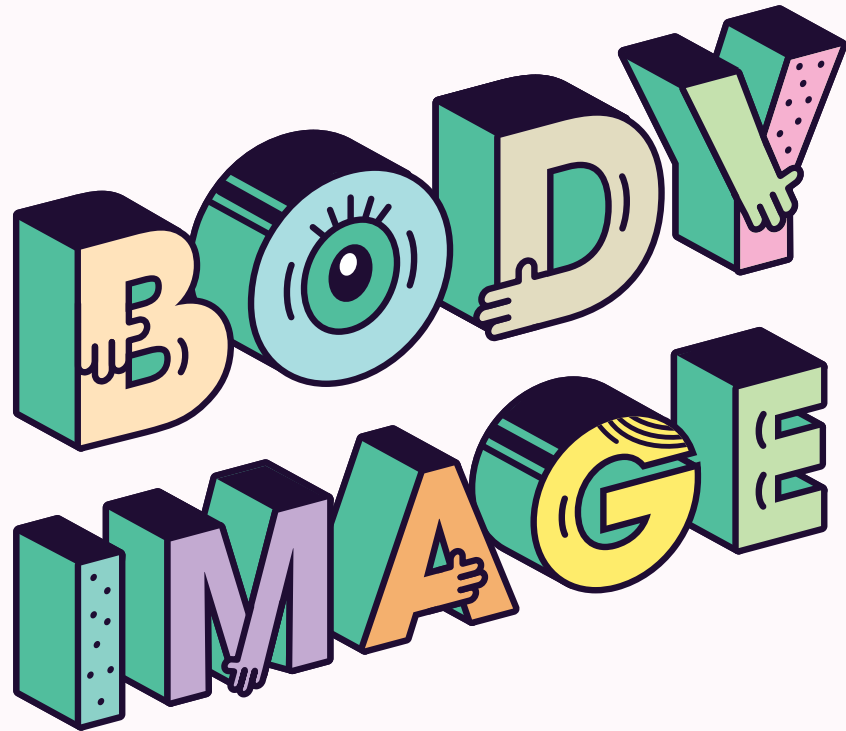
Assembly

This assembly will cover:

-  What body image is.
-  What affects body image.
-  Why body image is important for our mental health and wellbeing.
-  How we can develop a good body image.



What is body image?






Body image is how we think and feel about our bodies.

What is body image?

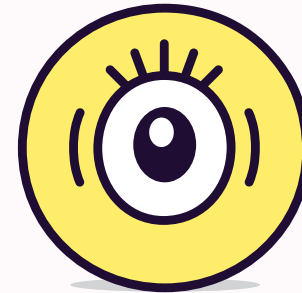


Good body image is:

-  Feeling satisfied and confident with our bodies.
-  Showing our bodies respect, appreciation and acceptance.
-  Having a healthy balance between valuing our bodies and the other parts of ourselves that makes us who we are.

"A healthy body image isn't a destination. It's about the journey towards acceptance."

MHF Young Leader

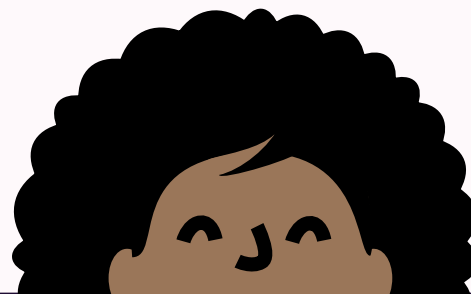
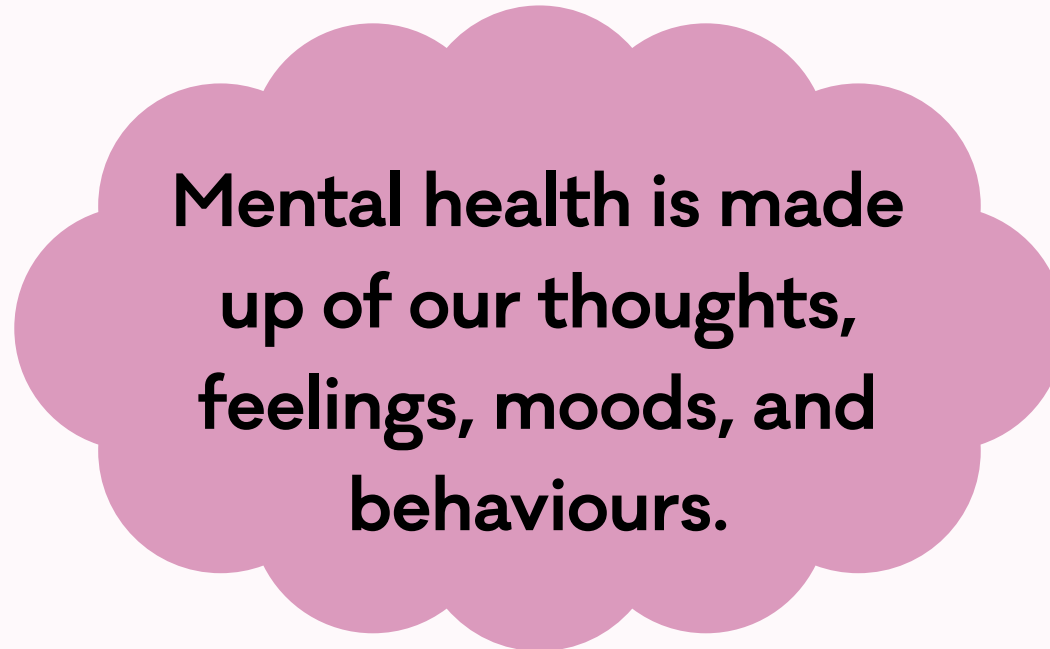


What is body image?



Body image concerns identified as one of the biggest challenges faced by young people in the UK.






What is mental health?



How is body image linked to our mental health?



Body image can affect:

-  Self-esteem and self-confidence
-  Mood
-  Self-image
-  Self-thoughts
-  Social interactions with others

If you are worried about yourself or a peer, it is important to talk to a trusted adult.



What can affect our body image?



Personal
relationships with
our own bodies.

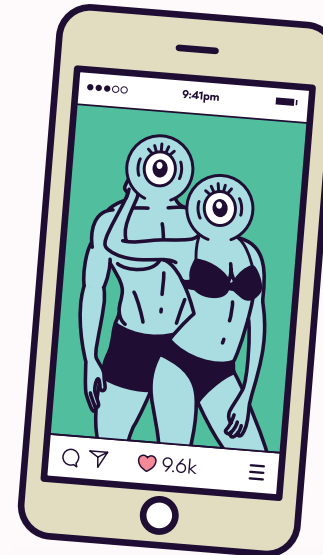
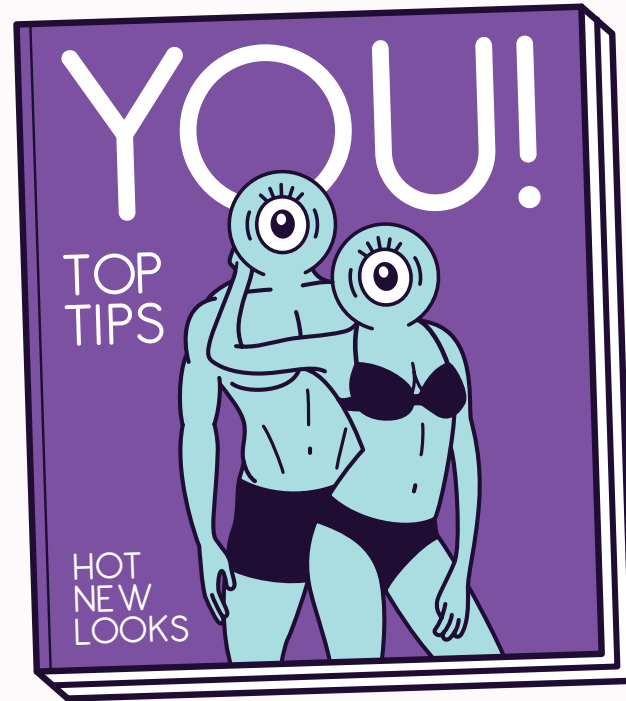
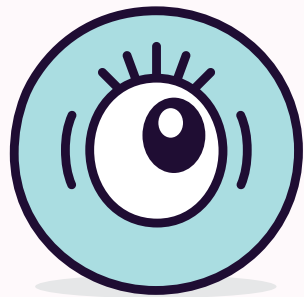


TOP TIP:
Do something
to look after
and appreciate
your body.

What can affect our body image?



The media and social media.

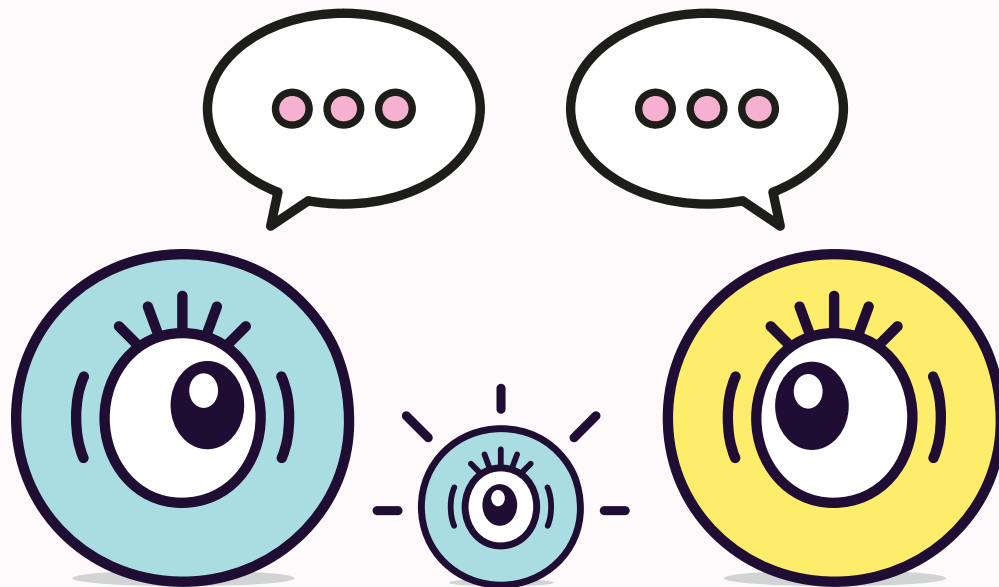


TOP TIP:
Reflect on the
social media
accounts you follow
and how they make
you feel.

What can affect our body image?



Relationships with people at home.

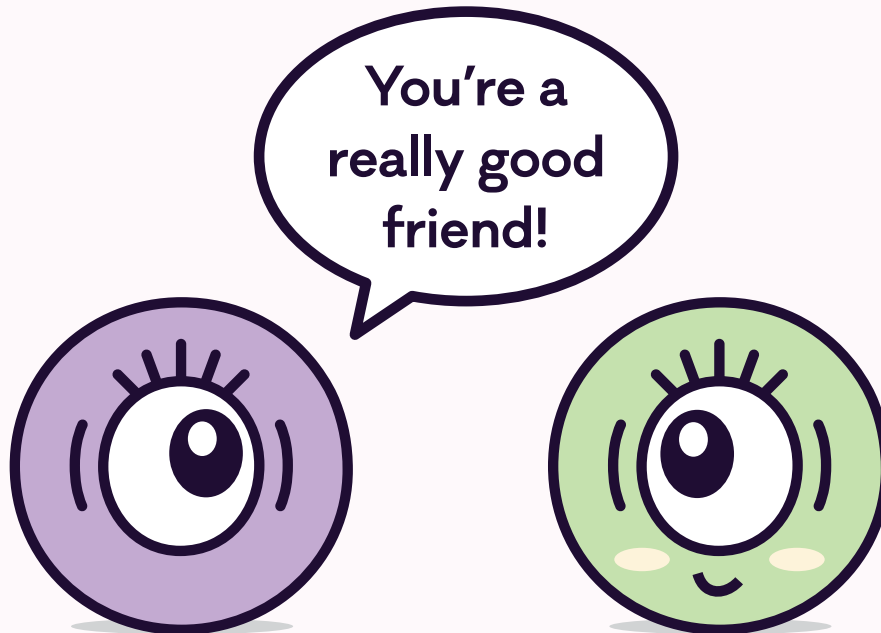


TOP TIP:
Start small when
speaking with
someone at home
about body image
and be patient.

What can affect our body image?



Relationships with peers.



TOP TIP:

Praise yourself, and others, for qualities beyond body image that make you, you, and them, them.

What can affect our body image?



Health conditions or disabilities that change how the body moves and functions.



TOP TIP:

Be your own friend.
Think about what
advice you would
give to a friend
struggling with low
body image.

What can affect our body image?



Key life transitions that change the appearance and functioning of the body.



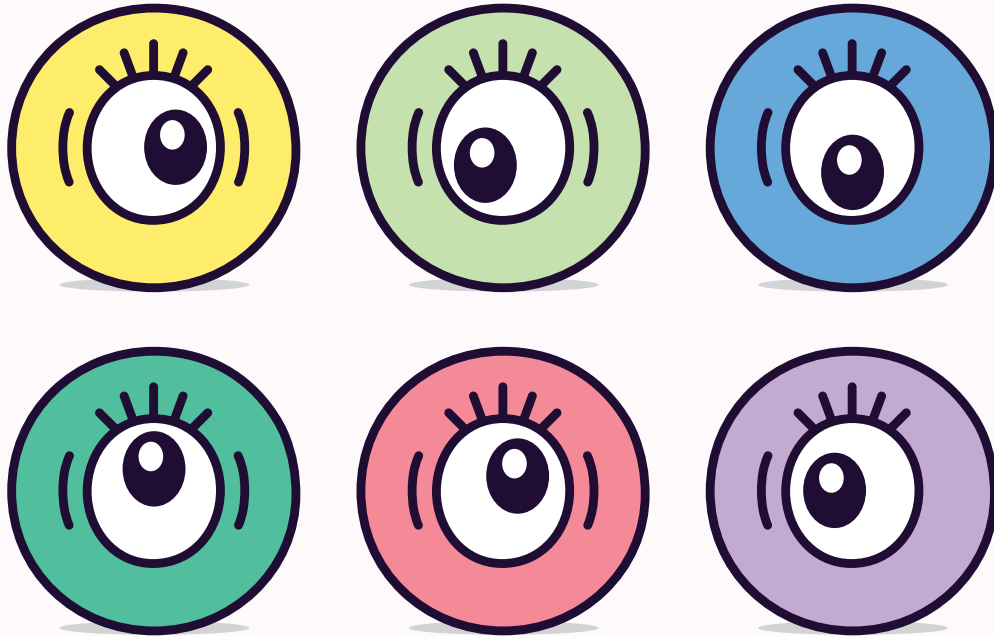
TOP TIP:

Feel prepared and read up on potential changes that can happen during life transitions such as puberty.

What can affect our body image?



Ethnicity and cultural background.



TOP TIP:

Be inquisitive. Learn about the similarities and differences in body image ideals between different cultures and ethnicity groups.

Final thoughts

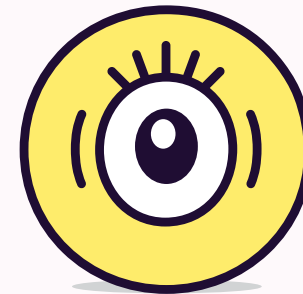


Body image is how we think and feel about our bodies.



Good body image is building a healthy relationship with our bodies.

Our body image is unique to us and will reflect our experiences and circumstances.



Further information and support



**MHF Tips for
Young People on
Body Image by the
Mental Health
Foundation**

