WELLBEING

Body Image

Why is a positive body image important?

Young people in Australia report body image as being one of their top concerns. Body image is the term used to describe the thoughts, feelings and attitudes we have about our bodies. They can be about our size, shape, skin complexion and colour, physical features and appearance. Our body image is influenced by many factors such as our self-esteem and social/cultural factors, especially the extent to which a person feels pressured to conform to appearance ideals (for example, thin or muscular).

Having a positive body image helps children and young people feel good about themselves and supports their mental health and wellbeing. People with a positive body image are more likely to think about what their body can do and do things they enjoy – playing sport, climbing trees or walking the dog – rather than focusing on how their body looks. They are also more likely to look after their body in other ways, such as eating a balanced diet and having a positive relationship with food.

be you

Tips for Families

WATCH YOUR WORDS

BODIES

X **Avoid** saying negative things about your own body, or other people's appearance

√ **Instead**- Reframe to talk about what you appreciate about what our bodies can do.

FOOD

X **Avoid** talking about restricting foods, dieting or changing what we eat to try to change our body shape, size, or weight.

√ **Instead**- Talk about how you are listening to your body when it tells you that you are hungry or full, and talk about how good your feel when you eat nutritious foods.

MOVEMENT

X **Avoid** talking about movement as punishment.

√ **Instead**- talk about how good you feel after you get to move your body

Useful Resources:

There are many fabulous evidence based resources available for parents for free online. For some 5 minute tips watch:

https://vimeo.com/1009111799?fl=pl&fe=sh
or go to:
https://theembracehub.com/education-hub-for-parents/

https://www.butterflybodybright.org.au/about-the-program-families

https://beyou.edu.au/resources/fact-sheets/mental-health-issues-and-conditions/body-image

Butterfly

For professional support in relation to body image and eating disorders, or to help a friend or colleague, contact the Butterfly Foundation Helpline on 1800 33 4673

THE EMBRACE COLLECTIVE.
Building better body image