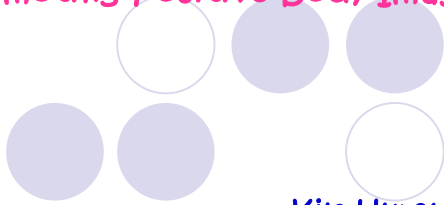


Promoting Positive Body Image



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Outline

- What is body image?
- What is self-esteem?
- Do all teenagers experience body image problems?
- What messages do the media send us in relation to how we should look?
- What can the media do to promote positive body image in our society or help impact this issue in a positive way?
- Does the media cause eating disorders?
- What to do if someone is experiencing body image issues?
- How to have a better relationship with your body & build good self esteem

What is body image?

- Many people understand body image to be all about the way a person looks, or the perception they have of the way they look.
- Body image is 'the perception a person has of their physical self and the **thoughts** and **feelings** they experience as a result of that perception'.

What is body image?

- Above all else body image is a feeling state and as a result means that a person can feel positively, negatively or a combination of both about the way their physical appearance.
- Some days will feel comfortable and positive about our body, other days not so much and that is natural and normal. It is not static and can be influenced by many things and does relate closely to a person's self-esteem.

What is self-esteem ?

✚ *It is how much you like, value, accept and respect yourself as a person*



Are body image problems something that every teenager experiences?

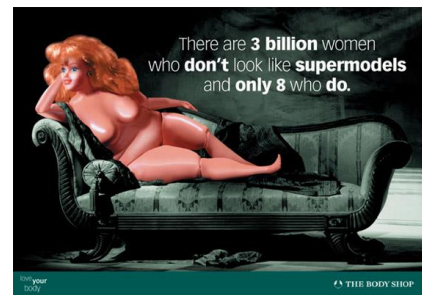
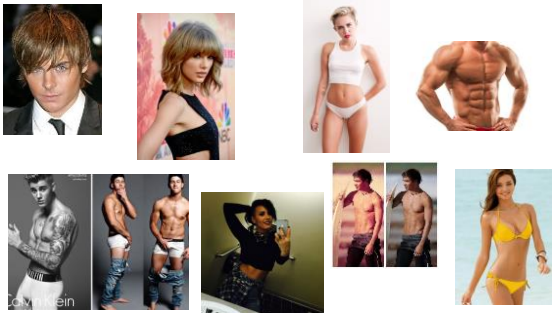
- Body image concerns problems and issues can impact people of all ages and at different stages of their life.
- Any person may feel dissatisfied or uncomfortable in their own skin as a result of different experiences.
- Whilst adolescence is a time where people are susceptible to negative body image, it is not something that consumes all young people.

Does body image issues affect males?

- It used to be thought that body image issues and eating problems were just a female thing and something that rarely affected males.
- Sadly, due to the pressures and ideals that exist within our society more males are experiencing body dissatisfaction and engaging in unhealthy practices with food and exercise as a way to manage these negative feelings.
- An Australia 2010 Youth Survey:
1 in 3 females and 1 in 4 males ranked body image as their number one personal concern.

Write down 3 things you like about yourself that has nothing to do with what you look like

What messages do the media send us in relation to how we should look?



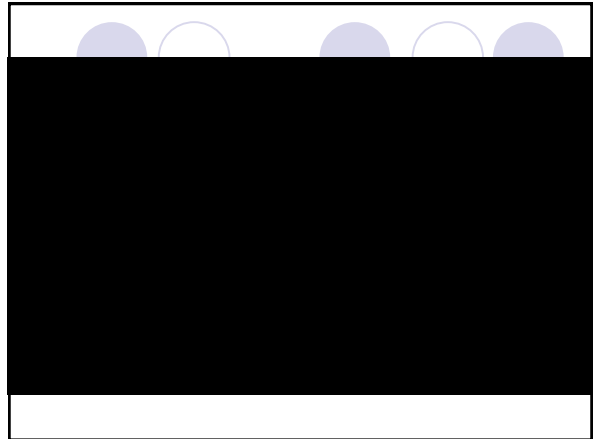
What can the media do to promote positive body image in our society or help impact this issue in a positive way?

- By including images that are much more diverse, which highlight the reality that body shapes and people come in all different shapes and sizes and colourings – to support the fact that beauty and attractiveness come in many different packages.



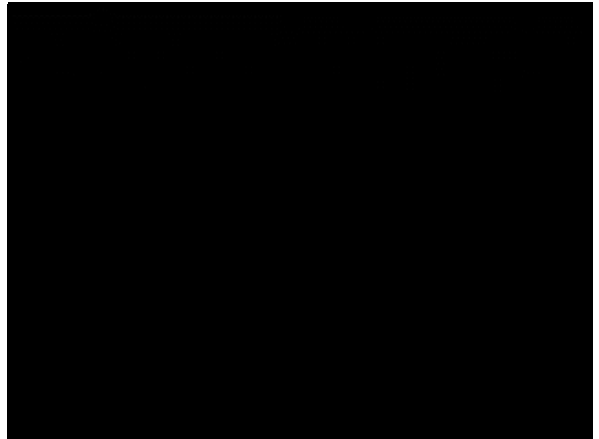
What can the media do to promote positive body image in our society or help impact this issue in a positive way?

- Highly stylized and digitally manipulated images can also be very misleading, particularly for young people and so reducing the amount of digital manipulation used by art teams and instead using images that reflect 'reality' rather than 'perfection' would also be a really great support.

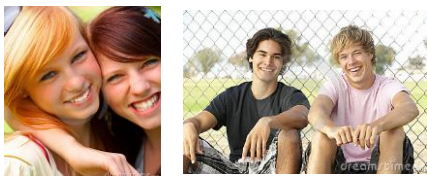


What can the media do to promote positive body image in our society or help impact this issue in a positive way?

- If an image is highly stylized or digitally manipulated, including a statement or disclaimer that confirms the image has been enhanced can also help to educate consumers about what they're really looking at – which is 'art' rather than reality.



Don't Unfairly Compare Yourself to Unrealistic Images of Celebrities, Pop Stars & Models.



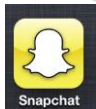
What you see is NOT What you get!

Body image is a feeling above all else and regardless of a person's weight, shape, size or colourings they can FEEL positively and comfortable in their own skin.





How has social media
e.g. Instagram / Facebook
affected the way you feel
about yourself and your body?
Name the positives?
Name the negatives?



Does the media cause eating disorders?

- Eating Disorders are serious and complex mental and physical illnesses that develop due to lots of different reasons (including psychological, biological, environmental and socio-cultural factors).
- When a person is suffering from a clinical eating disorder there is much more to it than them wanting to simply look like the images they see in the media, there are far greater and deeper psychological and social issues.
- The media is a significant socio-cultural factor in the development of body dissatisfaction, but for an eating disorder to develop there are many more factors that contribute.

What would you do if you
were worried about a
friend who is struggling
with body image issues?

Getting help for someone you're worried about

- Talk to the person you're worried about
 - Encourage them to talk about how they are feeling.
 - Listen openly and respect what they say
- Speak to someone who cares for the person
 - Share your concerns with someone they trust (e.g. parent, teacher, family friend)
- Encourage them to talk to a professional
 - Professionals can discuss your concerns and help them to decide what steps to take (e.g. doctors, school counsellors or teachers)

What can build good feelings about
your body & give you positive self
esteem?

- ✓ Accept yourself now as you are
- ✓ Have positive relationship with your peers
- ✓ Good connection to work, school & community
- ✓ Healthy attitude & relationship with food
- ✓ Have fun with the way you look – but don't let it rule your life
- ✓ Don't compare yourself with others

What can build good feelings about
your body & give you positive self
esteem?

- ✓ Involvement in sport, team & community activities
- ✓ Be media savvy
- ✓ Set realistic goals for yourself
- ✓ Try to get the most out of your strengths and do your best, without demanding unrealistic results of yourself
- ✓ Celebrate your achievements
- ✓ Trust your own feelings
- ✓ Take it one day at a time
- ✓ Do your best each day



