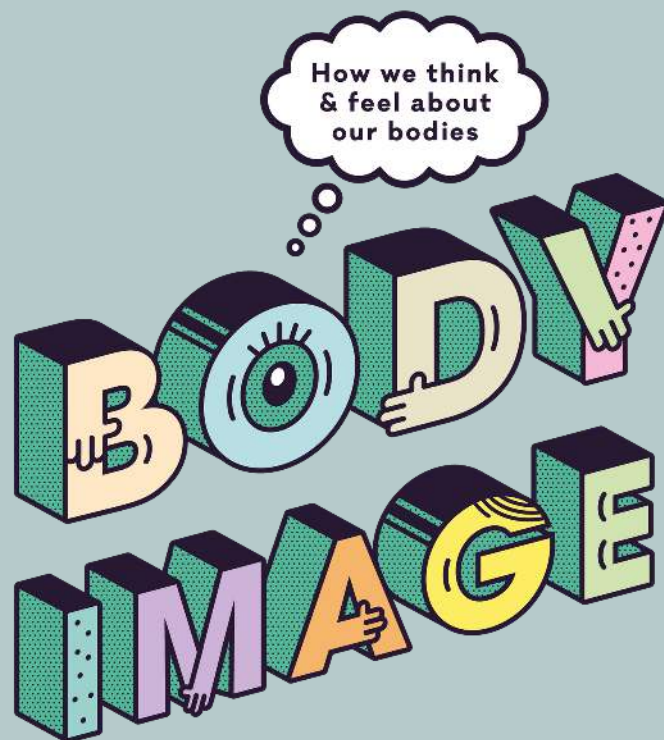




Peer Education Project



A Guide for Pupils



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"Treat yourself in the same way that you would treat others- acknowledge the negative thought and then ask yourself what you would say to a friend."

Peer Educator
Peer Education Project

#BE BODYKIND

What is b👁️dy image?

Body image is how we think and feel about our bodies, and is relevant to all of us.

Thoughts and feelings about our bodies can affect us throughout our lives, especially the way we feel about ourselves and our mental health and wellbeing.

Good body image is:

- feeling respect for our own body,
- accepting our body's limits and abilities,
- appreciating ourselves as unique, and
- valuing both our bodies and the other parts of ourselves that make us who we are.

"A HEALTHY BODY IMAGE ISN'T A DESTINATION. IT'S ABOUT THE JOURNEY TOWARDS ACCEPTANCE."

MHF Young Leader

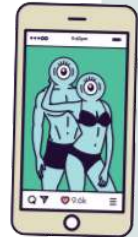
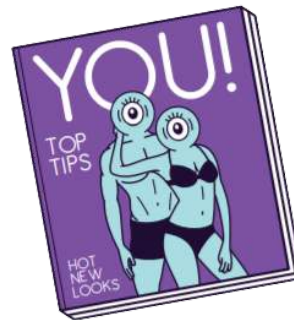
We are all learning to live with the changes in our body throughout life. Sometimes, we may feel unhappy with our bodies.

Many of us do feel worried about our appearance or how our bodies work. This is described as 'body dissatisfaction' and is linked to our mental health.

What can affect our body image?

There are many factors that can affect our body image – both positively and negatively – which will be different for everyone. Such as:

- Our thoughts and feelings towards our own body
- The media and social media
- Parents and family members
- Peers, especially close friends
- Health conditions or disabilities
- Life changes that affect how our bodies look and function, like puberty
- Ethnicity and culture.



"Whatever our textures - skin, hair or any other part of our body - we can journey towards accepting ourselves instead of wanting to be something else"

Tyra

Read [Tyra's story](#) about her relationship with her skin and how this affects her mental health.

How does b👁️dy image link to mental health?

The thoughts and feelings we have about our bodies can affect our mental health. We may feel unhappy with our bodies at times – many of us do. There may be times when we feel very worried about our appearance. We may feel we have to look a certain way and start behaving differently to change our bodies.

It is important that when our thoughts and feelings about our bodies stop us from taking part in our everyday activities and enjoying things we usually enjoy, we ask for help.

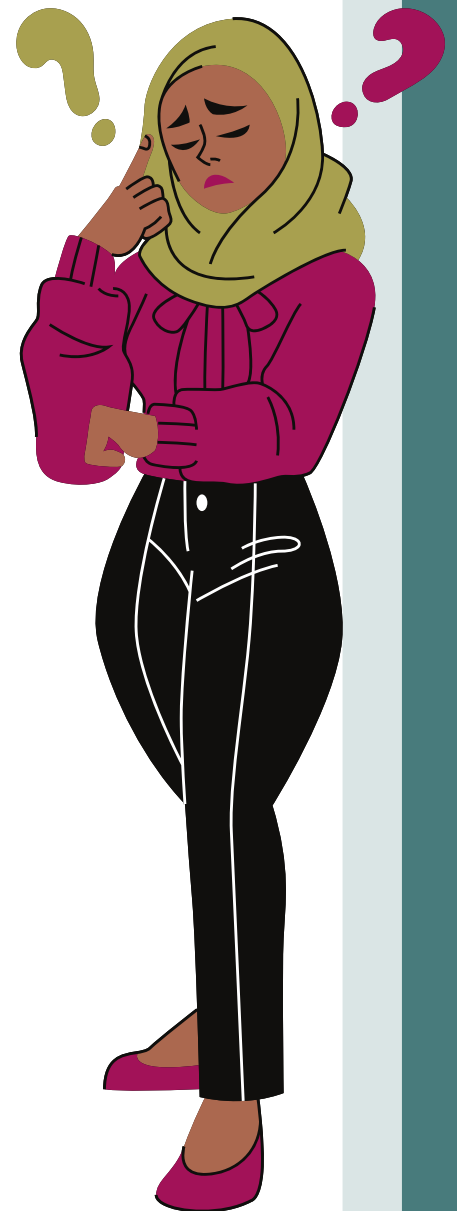
If you are worried about yourself or a peer, it is important to talk to a trusted adult. This could be an adult at school, at home, or another trusted adult in your life.

You can also find further information and support for body related concerns via:

- [Young Minds](#)
- [BEAT: Eating Disorders](#)

If you are feeling distressed or upset and would like to speak with someone, please freephone Samaritans on:

[116 123.](tel:116123)



"There's so much harmful content on social media, so it's really important that we recognise this and take steps to help ourselves and others to feel good about our bodies, especially when we don't look like the 'ideal'."

Peer Educator
Peer Education Project

#BE BODYKIND

Top tips for developing good b👁️dy image

Everyone can learn to feel comfortable and confident in their own skin. There are small steps we can take to promote and maintain a good body image for ourselves and others. Here are a few top tips, but you can read more from our [Mind over Mirror – Feeling my mind guide](#):

Remember your whole value!

Try to focus on your strengths and qualities beyond your body that make you, you. It might help to write down these down, as well as any compliments you receive from others.

Be careful how you talk about bodies.

Try using kind language when you speak about your own body, or bodies of others.

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Top tips for developing a good b👁️dy image

Take note of the social media accounts you follow and how they make you feel. Remember to take a break!

Take time away from social media apps and accounts that make you think and feel bad about yourself. Social media can be a motivational tool if used thoughtfully. It is important to be mindful of your social media activity and the effects it has on your mental health and wellbeing.

[Try some of these tips and advice on how to enjoy more positive time online.](#)



Appreciate what your body can do.

Your body carries you through life. It is important that we appreciate it and learn to look after it. Find ways of keeping active while having fun, and nourish your body with good food.

[Read Samantha's journey of learning to love her body.](#)

If you are worried about yourself or a peer, it is important to talk to a trusted adult. This could be an adult at school, at home, or another trusted adult in your life.



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