



# School •

# WELLBEING

## • Newsletter

This term, our wellbeing focus is

### Body Image

#### WHAT IS IT?

Body image is how we think and feel about ourselves physically, and how we believe others see us. When we talk about body image, there are lots of ways we can think about our body and the way we look. Young people might find that there are times when they like their body, or parts of their body, and times when they struggle with how they look.

Body image is not just about weight, it can also be things like:

- comparing how you look with friends or people you follow on social media
- struggling to love and accept your body
- feeling as though your body shape is not represented in the media
- hiding your body because you feel ashamed by it
- struggling to find clothes for your body, particularly if you have a physical disability
- feeling misunderstood about your body when people make assumptions about things like why you might need a wheelchair
- feeling like you are not attractive enough
- birthmarks, surgery scars or acne affecting how you feel about how you look
- feeling as though your body does not match your



Things to remind your child if they are struggling with their body image:

1. Be kind to yourself.
2. Spend time with people who make you feel positive about yourself
3. What would they say to a friend?
4. Encourage to talk to someone they trust
5. Notice how social media is making them feel about their body
6. Focus on the things they like about themselves

Top Tips for a positive body image:

[Body image & identity | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk)



### SIGNPOSTING



Offers information and support for anybody affected by eating disorders [The UK's Eating Disorder Charity - Beat](https://www.beat-eatingdisorders.org.uk)

Offers online information as well as helpline support to under-25s about anything that's troubling them. Email support is available via their [online contact form](https://www.beat-eatingdisorders.org.uk).

[0808 808 4994](https://www.beat-eatingdisorders.org.uk)

Opening times:  
4pm - 11pm, seven days a week

TEEN BODY IMAGE: A PRACTICAL GUIDE FOR PARENTS:

[Teen Body Image and Self Esteem: A Practical Guide for Parents \(freederm.co.uk\)](https://www.freederm.co.uk)

