

Body Image



Do you ever look in the mirror or at a photo of yourself and think about the size or shape of your body, or how your skin or hair looks? How about how those things look to other people?

It's normal to have lots of feelings about your body and its various parts!

Before Video

Prior to watching the video, you may wish to engage in a discussion about body image. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *What do you think of when you hear the words body image?*
2. *What does it mean to have a healthy body image? How about an unhealthy body image?*
3. *What role do you think the media/social media play in your views of body image?*

After Video

You may wish to discuss body image, and what this means to the students. Reviewing the information with your students may spark deeper reflection. Here are some questions that may prompt further discussion:

1. *Who or what influences the way you look?*
2. *Who or what influences the way you feel about yourself?*
3. *What are ways that you think you can keep a positive attitude about your body image?*

Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Phone:** 1.800.668.6868 or text CONNECT to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. www.erase.gov.bc.ca
5. www.foundrybc.ca
6. www.keltymentalhealth.ca

Please also think about reminding students that this list is not exhaustive.