Adolescent Anticipatory Guidance

love your body

TIPS FOR BODY POSITIVITY

why it matters

Body image is a crucial part of adolescent development for teens. As an adolescent, your body is going through a lot of changes both physically and mentally. Because of this, you may become more focused on how you look compared to your peers, and influenced by external factors (social media, television shows, advertisements, etc.)

Most importantly, a negative body image can influence a lot of different factors about your health. This resource would be a great place to start when you feel you want a quick refresher about how amazing you are! [1]

gentle reminders..

EVERY *BODY* IS DIFFERENT.

And that's OK! Every person has a unique set of genes which influence their body size and shape differently. It is a beautiful part of being human. [2,3]

APPRECIATE YOUR BODY.

Your body is your vehicle through life. Take time to think about all of the things your body does for you: it allows you to hug your friends, laugh, dance, dream, run, create. [3]

[4]

BE NICE TO YOURSELF.

Give your body enough rest.
Fuel your body with a variety of foods.
Surround yourself with positive people. [3]

BE AWARE OF THE POWER OF SOCIAL MEDIA

PEOPLE ONLY POST WHAT THEY WANT YOU TO SEE.

This creates the false feeling that everyone's life is fun and perfect, when in fact that is not the case.

ADVERTISEMENTS.

A lot of psychology goes into carefully creating an advertisement. It is NOT a reflection of reality.

The point is to sell something, and it is important to remember that! More often than you may realize, companies will edit their photos and set unrealistic expectations for consumers. [2,3]

WHAT CAN YOU DO? [3]

- Be mindful about the social media you use and its impact on your self esteem. You have the choice on what you expose yourself to!

- Choose to be critical of social media images and the messages they are trying to send. Practice looking at these images in a different way that protects your body image.

- Advocate for positive body talk. Use your social media capital to inspire others to use their voices to compliment diverse body messages, criticize unrealistic body images, and report body shaming.

resources on the next page -->

RESOURCES

1. Hartman-Munick, Sydney, M., et al. "Adolescent body image: influencing factors and the clinician's role". *Current Opinion in Pediatrics*, vol. 32, no. 4, August 2020, pp. 455-460. doi: 10.1097/MOP.0000000000000910.
2. Mcneely, C., Blanchard, J. "The Teen Years Explained: A Guide to Healthy Adolescent Development" (page 13). 2009 Johns Hopkins Bloomberg School of Public Health
3. "National Eating Disorders Association." Nationaleatingdisorders.org, 2000, www.nationaleatingdisorders.org/.
4. Image from https://storyset.com/