

Body Image Booster

Goal:

- To brainstorm ways to feel good about our bodies and combat negative body image.

Have Ready:

- Body Image Booster handout.

Instructions:

- Ask youth to fill out the Body Image Booster (see next page for copies).

Debrief:

- We get a lot of messages (from family, friends, religion, media, magazines, doctors, diet industry, fashion industry, etc.) that tell us we're not good enough/ pretty enough/ strong enough/ thin enough. Ask youth, **"How can this make people feel?"** Lowers our self-esteem, bad, crappy, worthless, angry, etc.
- When we start to feel bad about ourselves or not care about ourselves, we are more likely to do things that cause us harm. If we feel good about ourselves and have high self-esteem, it's easier to treat ourselves well and resist harmful messages about our bodies.
- Ask youth, **"Why is it important for us to think about the things we like about ourselves?"** We are supposed to like and respect ourselves; it helps us take care of ourselves. If youth start to feel down on themselves, or if someone is making them feel like bad about their bodies, encourage them use the Booster to remind themselves about the good things.

BODY IMAGE BOOSTER

3 things about your body that you enjoy:

3 of your best personality traits:

A compliment you received that made you feel good:

A piece of clothing or an accessory that makes you feel good:

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