What is Body Image?

**Do You Respect Your Body?** (circle True or False)

1. True False I often talk negatively about my body.
2. True False I weigh myself more than once a week.
3. True False I would exercise less if appearance did not matter.
4. True False I often compare my looks or body to others.
5. True False I often feel guilty or anxious after eating a high fat food.
6. True False I cannot accept a compliment about my appearance.
7. True False If I had to, I would do unhealthy things to change my weight (such as fasting, taking laxatives, throwing up, or excessive exercising).
8. True False I feel unhappy or discontent with my life at this time.
9. True False I would panic if I gained a few pounds.
10. True False I am dissatisfied with my current body shape and size.

**Positive Body Image is ...**

- A clear, true idea of your shape—you can see your body as it really is.
- You feel comfortable and confident in your body and appreciate your unique physical qualities.

**How You See Yourself**

- How you see yourself when you look in the mirror or when you picture yourself in your mind.
- How you feel about your body and appearance, including your height, weight, and shape.
- How you feel in your body, not just about your body.

**How Can You Improve Your Body Image?**

1. **Focus your attention and energy on what you can do:**
   - *Eat well and exercise!* This will help you develop into your natural weight, and balance the natural chemicals in your brain to help you feel happy. It’s never too late to start exercising and eating well.
   - Limit sedentary activity, such as watching TV and movies and playing video/computer games.
   - Choose realistic role models that allow you to feel good about yourself. Remember that advertisers spend tons of money to make you feel there is something wrong with you, so that you will buy their product to “fix” the problem.

2. **Accept what is not in your control.**
   - Understand that bodies develop in ways that you can’t always control. However, having a healthy lifestyle will help your developing and changing body.

**Count the number of questions you answered FALSE and read below to see if you respect your body.**

- **8-10** You seem satisfied with your body! Be a role model for others.
- **4-7** You may be too hard on yourself. Look below for ways to improve your body image. Or get more information from an organization near you, such as Body Positive. Visit [www.bodypositive.com](http://www.bodypositive.com).
- **0-3** Are you having a rough time right now? Help is available. Find an adult that you trust to talk to about this, such as a doctor, school nurse, school counselor, or family member.

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