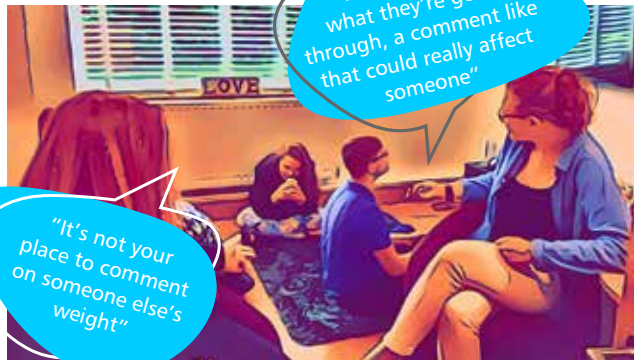


Amy says to Natalie *"Look how fat they are, they don't even fit in their clothes!"*



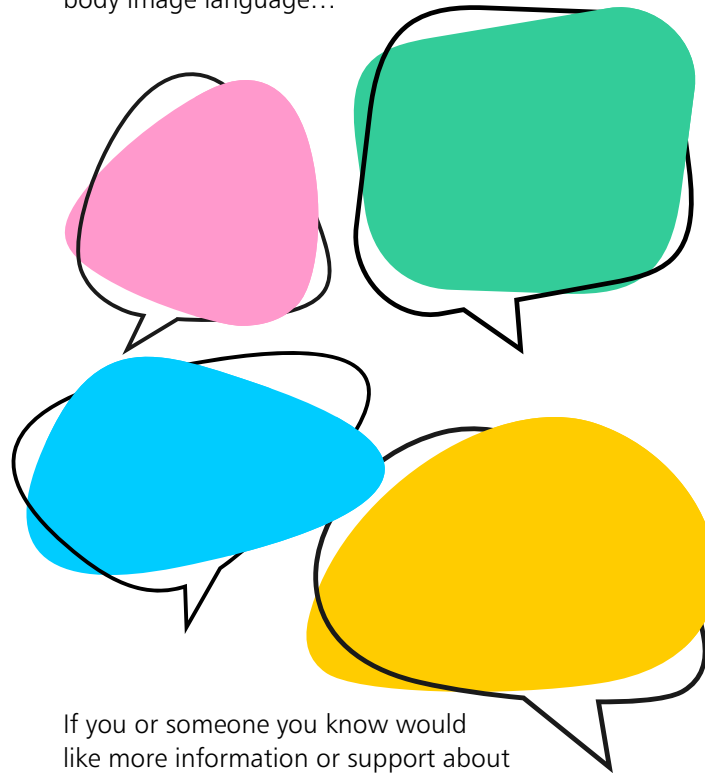
Mrs Brown overhears Michael say *"Have you seen what they look like, no wonder they have no friends"*



In the dinner hall John points at Philip and says *"No wonder he looks like that, have you seen what he's eating"*



Use the speech bubbles below to come up with more comments/thoughts to combat negative body image language...



If you or someone you know would like more information or support about body image, below are some useful links:-

ChildLine - Help and advice for children and young people on a wide range of issues
www.childline.org.uk

Lifecycle - Local mental health services to support people of all ages
www.southtynesidelifecyclementalhealth.nhs.uk

Dove - Campaigns to help raise self-esteem in young people
www.dove.com/uk/dove-self-esteemproject

Beat - Supports anyone affected by eating disorders
www.beateatingdisorders.org.uk

Young Minds - UK charity fighting for children and young people's mental health
www.youngminds.org.uk



South Tyneside Council




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South Tyneside Young People's Parliament has worked with young people from local secondary schools to develop this guide as part of their 2018 Body Image Campaign.

Here is a selection of positive responses to negative body image comments, thoughts and feelings you or others may hear, feel or experience.

This leaflet aims to give all young people reassurance about their body image because everyone deserves to love themselves.

Continue to support our campaign on social media when discussing body image by using the following hashtags:-

- #thisisme
- #spreadthelove
- #loveyourself

David has just been dumped by Kay, he looks in the mirror in the boy's toilet and says to himself *"I'm so ugly, no wonder she dumped me"*



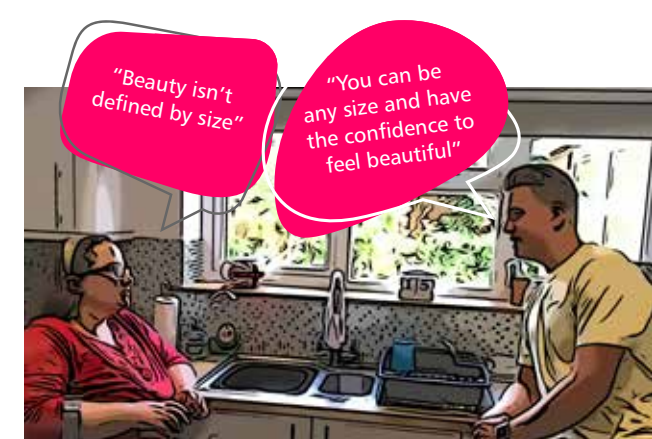
Julie is upset in the school toilets, Sarah asks *"What's wrong?"* Julie replies *"My skin looks awful today"*



Jade is on Instagram and notices Emma has more likes than her, she thinks *"No wonder she has more likes than me, she's much better looking"*



Claire says to Sam *"I'm fat, I need to lose weight"*



Kate takes a selfie and thinks *"My hair never looks right, it's such a mess!"*



James says to Melissa *"I don't know why I bother; I'm never going to look as good as everyone else"*

