

# Body Image and Mental Health

# Overview

- What do we mean by body image?
- What can cause a negative body image?
- The impact a negative body image can have on mental health
- How to promote a positive body image
- Resources to support mental health
- Looking after yourself

## What do we mean by body image?

*Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses what you believe about your own appearance, how you feel about your body, including your height, shape and weight.*

# Statistics

- Body image disproportionately affects women
- 1 in 5 primary school aged children say they have been on a diet
- 87% of girls aged 11-21 think that women are judged more on their appearance than on their ability
- Approx a third of boys think that girls who are sporty are not feminine

## What can cause a negative body image?

- Puberty
- Menopause
- Mass media
- Relationships
- Family/friends
- Criticism
- Low self esteem

# The impact a negative body image can have on mental health

- Anxiety
- Depression
- Eating disorders
- Low self esteem
- Self harm behaviours (*unsafe sex, steroid use, substance abuse, cosmetic surgery*)
- Low aspirations
- Loneliness/isolation

# Promoting a positive body image: developing self esteem

- Be kind to yourself
- Set realistic and achievable goals
- Learn from experience and move on
- Accept that perfection is an unrealistic goal

- Identify your strengths and be confident in yourself
- Introduce a positive way of thinking
- Keep fit and healthy
- Build healthy support networks
- Celebrate the small stuff



# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....

# Dove Self Esteem Project

<https://www.dove.com/uk/dove-self-esteem-project.html>



## Welcome to the Dove Self-Esteem Project

At Dove, we believe that no young person should be held back from reaching their full potential – but in the UK and Ireland, 9 out of every 10 girls with low body esteem put their health at risk by not seeing a doctor or by skipping meals. Since 2004, Dove has been building self-esteem in young people – and by 2030, we'll have helped ¼ billion through our educational programmes.



## Expert resources for parents and mentors

The evidenced-based resources on this site have been specifically designed to encourage young people to develop and maintain a healthy body image during the transition to adulthood.... [Read more](#)



### #SelfEsteemAtHome

Join the Dove Self-Esteem Project and body positive activist Megan Crabbe @bodyposipanda as they deliver self-esteem classes for kids while they're staying safe at home.



## Family, friends & relationships

Articles and activities to help parents communicate with children & offer support with friendship problems, sibling relationships and body image

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[Find out more](#)

## Respecting & looking...

Articles, activities & relationship advice for parents to help their teenage child overcome low self-esteem & build body...

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[Find out more](#)

## Dealing with bullying

No matter whether it's bullying for physical appearance, or teasing about interests and hobbies – our resources will help you help...

10 1

[Find out more](#)

## Talking about appearance

Discover tips from the Dove Self-Esteem Project to promote positive body image.

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[Find out more](#)

[Ask a Brand Amba](#)



## Hillhead High School

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- P7 TRANSITIONS ▾
- PARENTS AND FAMILIES ▾
- PUPIL ZONE ▾
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- SKILLS AND PATHWAYS ▾
- THE SCHOOL SHOP

### FOLLOW US ON TWITTER

#### Tweets from @HillheadHS



What an amazing start to the festive season  
[@GlasgowCREATE](#) Christmas Concert! A huge well done to everyone involved,



## MENTAL HEALTH AND WELLBEING

Supporting the mental health and wellbeing of pupils is at the heart of our work at Hillhead High School.

### TRANSLATE:

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### RECENT POSTS

Parent/Carer update: Planned Industrial Action 07.12.22

Parent/Carer Update 14.11.22

S6 Assembly

Kooth: Free Online Mental Health Support for 10-16 Year Olds.

Supports and Study Skills Evening 02/11/22

### CALENDAR

## Parents and Carers

### Do you ever feel...

- Overwhelmed or isolated?
- Like you're the only one struggling?
- Worried about screen time, behaviour, mental health?

### Come along to the Parent / Carer Peer Support Group

Join other parents / carers in a similar situation for a free cuppa, sandwich and a listening ear. Get tips and advice.

Starts 3rd November 2022  
Thursdays 6-7.30pm

Maryhill Health Centre  
51 Gairbraid Avenue  
Glasgow G20 8BZ



Please contact Ayisha for more information on:

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