

How to Develop a Positive Body Image...

As a young person's reflection in the mirror changes, it's natural for them to become critical of their appearance. This is true for **both males and females** who are influenced by cultural messages, the opinions of others and their own expectations. **Follow these tips to help develop a positive body image:**

Teens: for yourself...

Keep a top ten list of things you like about yourself. These should be things that aren't related to how you look. Read the list often.

Surround yourself with positive people. It's easier to feel good about yourself when the people around you support and appreciate you just as you are.

Silence negative thoughts about yourself. Recognize them and then replace them with positive affirmations.

Parents: for your teen...

Give lots of compliments. Point out the beautiful things about them both inside and out. Maybe it's their smile, soulful eyes, infectious laugh or sense of creativity.

Set reasonable boundaries. Be patient, but discourage your teen from spending excessive amounts of time and energy on their appearance. Encourage them to establish priorities and maintain a healthy life balance.

Be a good role model. Set a positive example by not being too critical of your own appearance, maintaining a healthy outlook and projecting an air of self confidence.



Protecting Children by Strengthening Families

These parenting tips are courtesy of **Franklin County Children Services** where we advocate for each child's safety, permanency and well-being.
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