

MIND

TALK

Body image



Hello!

Hope everyone's doing great.



What is the mindtalk programme?

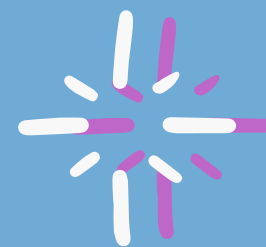
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.





Body Image

“Step away from the mean girls.. and say bye-bye to feeling bad about your looks. Are you ready to stop colluding with a culture that makes so many of us feel physically inadequate? Say goodbye to your inner critic, and take this pledge to be kinder to yourself and others”

Oprah Winfrey

Click the pic to watch a useful vid



Big Question

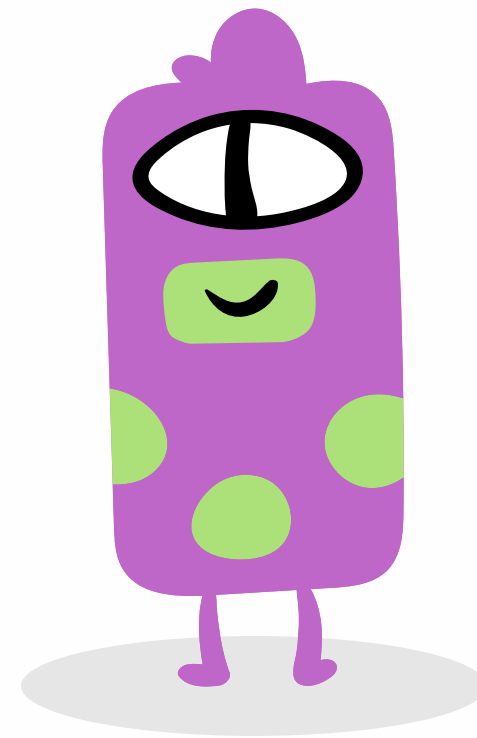
How can BODY IMAGE impact on mental health?



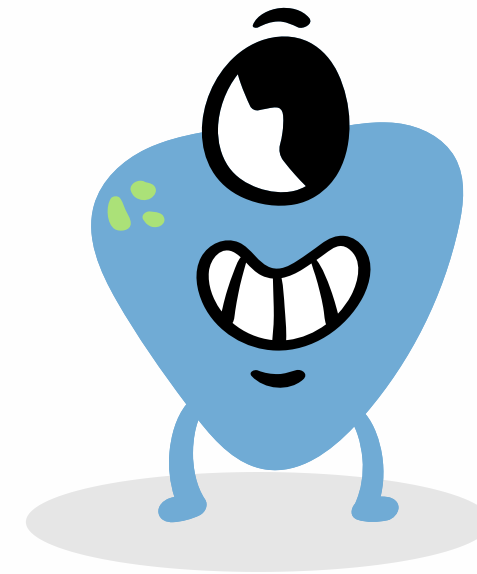
Talking points



What do we mean by 'body image'? How is that different to what a person's actual body looks like?

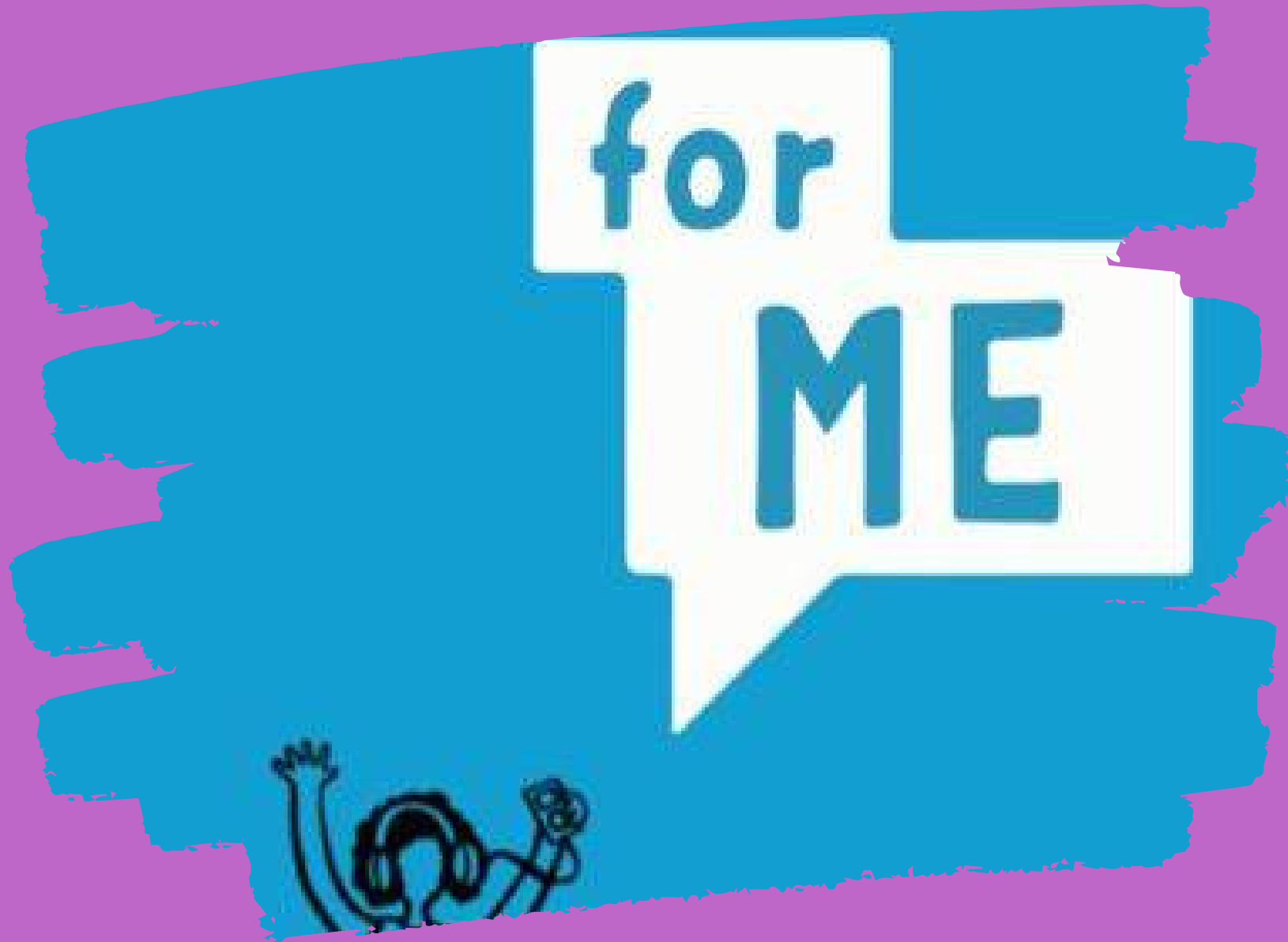
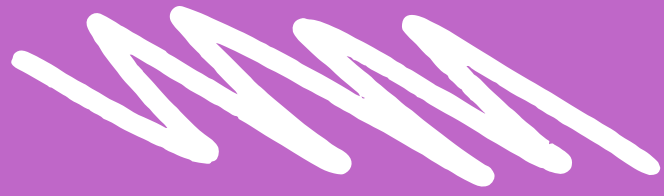


What makes people think they need to look a certain way? How does gaining likes and followers on social media make people feel?



Give reasons why you think social media, especially selfies, can lead to stress and anxiety?





'For Me' is the iOS app that puts Childline in your pocket. It's free, it's secure and it's designed by young people for young people

Where do we go from here?

Feeling happy about how you look can help you to feel confident. It's normal to worry about the way you look sometimes. Especially as you grow and go through puberty

- Everyone's different so try not to compare yourself to other people.
- Ignore any negative or mean comments from other people.
- Write down 3 things you like about yourself and read it every morning.
- Focus on hobbies you enjoy or things you are good at - this can help build your confidence.

REMEMBER

It's okay not to be okay
Help is always there
If you would like to speak to somebody in
confidence - call Childline on 0800 1111



In school support:

When you are in school, you
can go to your form tutor/
head of year if you need extra
support, or even if you just
need to talk.

