

## How to support a young person who may have Body Image and Self-Esteem

- Body image is the term used to describe the way that we see ourselves. It's how we think and feel about our appearance and the relationship we have with our bodies.
- Self-esteem is how we feel about ourselves in general. People with good self-esteem are generally confident and accepting of themselves, they are able to see their positive qualities and experience feelings such as pride in themselves.
- Boys and Girls can experience poor body image and low/ negative self-esteem
- Poor body image, low self-esteem can impact on mood, mental state, wellbeing and functioning. This can lead to significant mental health difficulties.

Lots of things can help to boost our body image and self-esteem including;

- Relationships with our friends and families
- Doing activities and hobbies that we enjoy and are good at
- Achieving our goals
- Having things to look forward to and plans
- Recognising what we do well at and noticing our strengths and positive qualities

### Love Bombing

- Remind your young person that they're more than the way they look
- NOTICE, COMMENT, ENCOURAGE: individuality, personality, characteristics, morals, values, ethics, behaviour, skills, effort, passion, goals, ambition, friendships, hobbies & interests
- Keep your young person focused on how they feel, not how they look
- Best friend values- what do you value most?

### Fat Free Talk

- Remember: Your words have power
- Be aware of throwaway comments
- Role model being kind to yourself
- Lead by example; no diet/ body shaming chat/ take a non-judgemental stance towards others
- Set and work towards your own self-care goals
- Find role models who celebrate their individuality and differences
- **It's OK to be different. It's OK to be you**

### Human Connection

- Encourage family digital downtime
- Keep bedrooms social media-free
- Practice safe-social;
  - 1) Audit their usage; did it make them feel good? How often are they using it? How long are they using it?
  - 2) Encourage them to think carefully about what they share online especially on social networks
  - 3) Periodically review your young people's internet usage- What are they sharing and engaging in online?

### Holistic Health

- Emphasise the need for life balance; work (school), socialising, nutrition, exercise, hobbies and interests
- Role model; making mistakes/ imperfection
- Try new activities together
- Encourage acceptance, kindness and compassion towards others
- Emphasise the importance of health and happiness

For more information (websites, apps, podcasts, videos) please visit our website;

<https://hampshirecamhs.nhs.uk/help/young-people/body-image-self-esteem-young-people/>