

Boosting Body Image and Self-Esteem

Dr Emily David

Lead Clinical Psychologist

Hampshire Specialist Eating Disorder Team

Quick Quiz



What percentage of UK women aged 16-24 are overweight?

a) 10.4%

b) 22.5%

c) 32.8%

What percentage of UK men aged 16-24 are overweight?

a) 20%

b) 32%

c) 55%

What percentage of UK women aged 16-24 are underweight?

a) 8.1%

b) 22.5%

c) 50%

**What percentage of UK men aged 16-24 are
underweight?**

a) 6.1%

b) 26%

c) 48%

How many 10 year olds have been on a diet?

a) 20%

b) 50%

c) 80%

How many children leave primary school overweight?

a) 1 in 3

b) 1 in 5

c) 1 in 10

What percentage of girls aged 15-17 want to change at least one aspect of their physical appearance?

a) 50%

b) 70%

c) 90%

What percentage of male teens think about their appearance more than 5x a day?

a)5%

b)10%

c)30%

8. What percentage of male teens acknowledged using muscle enhancing substances?

a)2%

b)5.5%

c)10.5%

Why is it important?



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- Some of the experiences of low self-esteem can also be symptoms of or lead to mental health difficulties (including anxiety, depression and eating disorders)
- 70% of girls age 15 to 17 avoid normal daily activities, such as attending school, when they feel bad about their looks
- 75% of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating. This compares to 25% of girls with high self-esteem
- 7 in 10 girls believe that they are not good enough or don't measure up in some way, including their looks, performance in school and relationships with friends and family members
- The top wish among all teen girls is for their parents to communicate better with them. This includes frequent and more open conversations.

Social Media- know the score



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Kayleigh's Love Story

<https://www.youtube.com/watch?v=WsbYHI-rZOE>

Impact of social media

- <https://www.youtube.com/watch?v=zIIKTNPP5Ts>
- Young people today are bombarded with up to 5,000 digitally enhanced images a week that suggest how they should look

Step 1. Connecting



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- Listening first; solutions second
- It's about them, not you. You're not the same.
- Family nicknames and name-calling
- Be specific (reduces miscommunication)
- Signal first (reduce shock/ surprise)
- Give it your full attention, take your time

**Listening to the little things when they're little
means they're more likely to tell you the big stuff
when they're older**

1). Love Bombing

Love Language	How to Communicate	Actions to Take	Things to Avoid
<p>Words of Affirmation</p>	Encourage, affirm, appreciate, empathize, compliment, Listen actively	Say I love you Write notes saying you are proud of them. Praise them in front of others. Be specific in your praise	Non-constructive criticism, not recognising or appreciating effort.
<p>Physical Touch</p>	Non-verbal - use body language & touch to emphasize love.	Hold hands, give hugs, pats on the back. Read stories together Give family group hugs	Physical neglect, abuse of any kind.
<p>Receiving Gifts</p>	Gifts & gestures show that you are known, loved and cared for.	Give thoughtful gifts & gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
<p>Quality Time</p>	Uninterrupted and focuses one-on-one time. Give undivided attention. Watch as they are playing.	Create special moments together. Make eye contact Pay attention to details Eat together as a family.	Distractions when spending time together. Long stints without one-on-one time.
<p>Acts of Service</p>	Use action phrases like "I'll help." They want to know you're with them and there to help.	Do chores together. Work on projects together. Pick them up on time.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

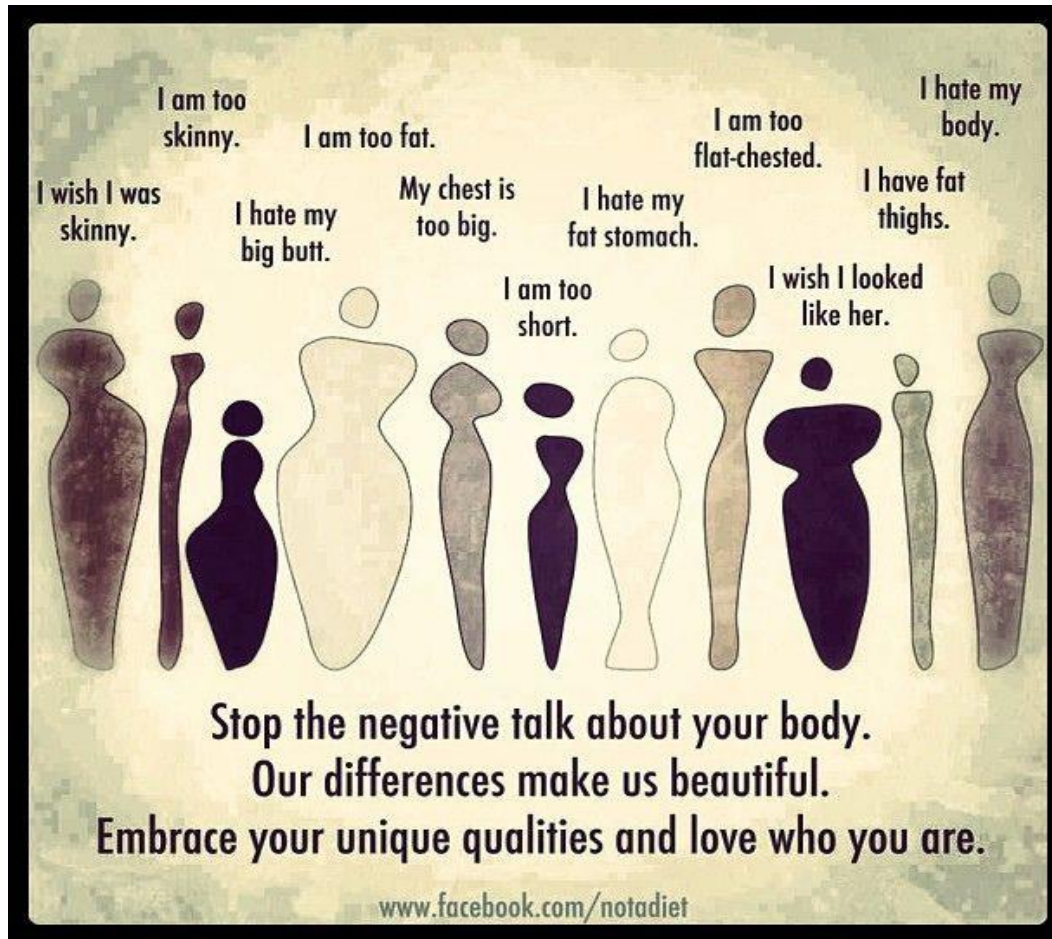


Take the 5 finger positivity challenge;

List 5 positive things about you



2) Fat Free Talk



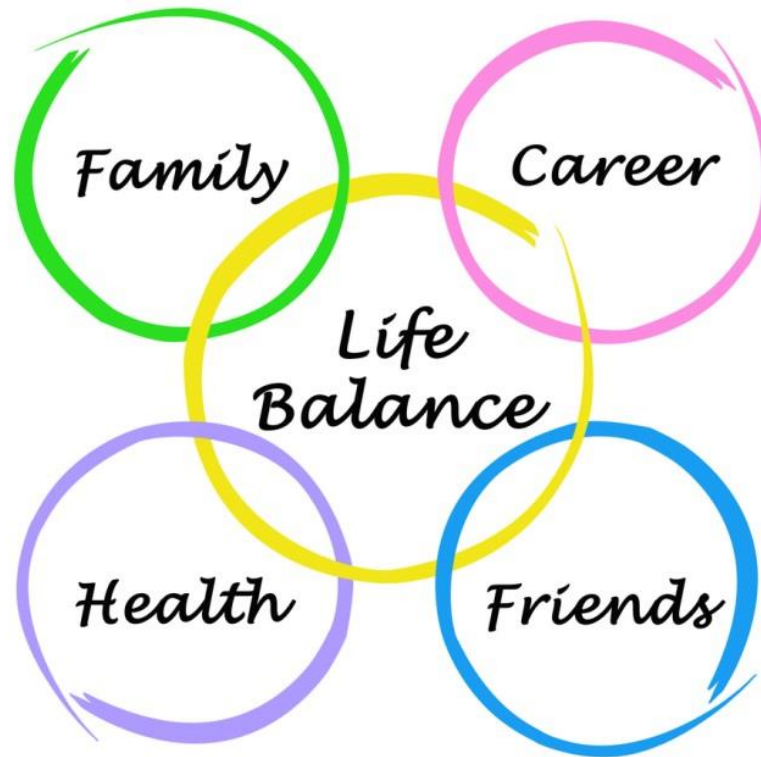
3) Fun Not Fear



4) Human Connection



5) Holistic Health = Happiness



Where to go for more advice & support

- YoungMinds:

http://www.youngminds.org.uk/for_parents

PARENTS HELPLINE - 0808 802 5544

- Family Lives:

<http://www.familylives.org.uk/>

Helpline- 08088002222

- Dove Self-Esteem Project

<http://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html>

Self-Help Workbooks

- The Body Image Workbook for Teens, Taylor
- Banish your Body Image Thief, Collins-Donnelly
- The Self-Esteem Workbook for teens, Schab