



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Body Image

Key Messages for Parents and Caregivers:

- A person's appearance is determined by many factors, including heredity, environment, and habits, and bodies come in many shapes and sizes.
- The media portray "beauty" in certain body types, and many people do not fit these images.
- Children are exposed to thousands of messages trying to influence what they view as attractive.
- People rely on values to determine how they perceive media representation of different bodies.
- You play a key role in communicating values about bodies and encouraging children to think critically about what they see in the media. They need to have a strong voice about diversity in beauty and body image being normal.

Specific Resources on Body Image for Parents and Caregivers:

- Mental Health Foundation – Body Image Guide for Parents and Caregivers
<https://www.mentalhealth.org.uk/sites/default/files/2022-06/Body-Image-Guide-for-Parents-and-Caregivers.pdf>
- Fitwize 4 Kids – How Body Image Can Affect a Child's Mental Health
<https://fitwize4kids.org/how-body-image-can-affect-a-childs-mental-health/>
- Amaze – Social Media and Self Image:
<https://amaze.org/video/puberty-social-media-and-self-image/>
- Amaze – Why Don't I Like the Way I Look:
<https://amaze.org/video/why-dont-i-like-the-way-i-look/>

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.