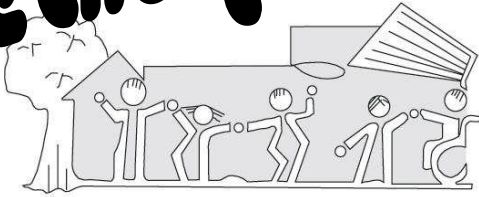


Health Tips



Building Healthy Schools Together
Ensemble, bâtissons des écoles en santé

POSITIVE ROLE MODELLING

WHAT KIND OF ROLE MODEL ARE YOU?

- ★ Have you inadvertently promoted a fear of being fat by your words and actions?
- ★ Are your perceptions of body weight issues a barrier to teaching your children about healthy eating?
- ★ Do you refrain from talking about dieting in front of children?
- ★ Do you comment on how you look or how much you weigh?

When children hear adults expressing dissatisfaction with their bodies, they may begin to believe that being an adult means being unhappy with one's body. When they hear adults criticizing or admiring the bodies of others, they may copy this behaviour by teasing other children about their bodies or they may feel they need to achieve that admired body. You can support your child in accepting and loving their body by role modelling a positive body image yourself.

Body image is the mental picture you have of your body and your feelings towards that picture. Positive body image is when you see your body as it really is and you are comfortable and accepting of your body. Negative body image is when you see your body differently than it really is and you are dissatisfied, anxious and self-conscious about your body.

People with negative body image are more likely to develop an eating disorder and suffer from feelings of depression, isolation and low self-esteem. They may become obsessed with weight loss and bulking up, or trying to change their bodies.

There is no "right" body shape. Many factors affect body shape that we have little control over, such as gender, genetics and puberty. We are all different and it is okay to be different. The key to developing and maintaining a positive body image is to recognize and accept a wider variety of body shapes and sizes, for you and those around you.



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