



Self-Love

Teen body image is closely linked to self-esteem. This persistent focus on appearances contributes to student body-image issues and eating disorders. Awareness of body image and societal ideals around appearance develop early. Research shows that students are aware of dieting by the age of six. By the time these students become teenagers, they have all firmly established beliefs and feelings about their body.

Issues and Why It's Relevant

Student body image has a powerful impact on teen mental health and wellness. Student Services and ASB want to especially encourage and support self-love and self-esteem by helping parents or guardians and students identify unhealthy ways of thinking to create new, healthy thoughts. In Mentor, students will trace their bodies on paper to recognize and appreciate all the wonderful things their bodies are capable of, as they are! You can [view a PowerPoint](#) that will be shown at lunch this week to students.

Helpful Tips to Improve your Student's Self-Esteem:

- Focus on their effort and accomplishment, not perfection
- Teach your student to use positive self-talk
 - "I know I tried my best and that's all that matters"
 - "I can do this"
- Encourage your student to try new things
- Model confidence
- Build self-worth on a healthy foundation
- Help set goals and take steps to accomplish them

How to Get Help for Your Student:

- Talk to them!
- Call your family doctor
- Call a counselor
- National Eating Disorder Association Helpline: 800-931-2237

Resources:

[Raising Children](#)

[Tender Hearts Child Therapy Center](#)

[National Eating Disorder Association \(NEDA\)](#)