

The Healthy Body Image Talk

Friends Don't Let Friends Fat Talk



Use the body talk questions listed below as children grow and develop to reinforce healthy body image and eating patterns. Model having a healthy body image through positive self-talk and eating patterns. Watch for danger signs of body dissatisfaction and self-disparaging, body shaming statements such as, 'I'm so fat!' Instead of saying, 'No, you aren't', ask 'Why do you say that?' Seek professional help if needed.



Danger Signs

- Excessive selfie posting
- Asking others to rate appearance on social media
- Posting fat talk online to elicit empathic responses from others
- Searching eating disorder websites for dieting tips or food restriction suggestions
- Low self-worth, depression, or anxiety caused by negative body image
- A negative relationship or attitude towards food develops into a pattern
- Reducing the number of daily meals
- Spending too much time thinking about food or weight loss
- Feelings of loss of control when eating

Body Talk Questions

- ☐ Do you like the way you look?
- ☐ What are your thoughts about your body?
- ☐ What does your body self-talk sound like?
- ☐ Do you think your body self-talk is positive or negative? Why?
- ☐ When is your body self-talk positive?
- ☐ When is your body self-talk negative?
- ☐ Do you tease others about their weight?
- ☐ Does anyone tease you about your body size or shape? What does that feel like?
- ☐ Do you compare yourself to others?
- ☐ Who do you compare yourself to?
- ☐ What is the danger of comparing yourself to celebrities or peers you follow on social media?
- ☐ How do you feel about your body after spending time on social media?
- ☐ How does social media influence your perceptions of yourself?
- ☐ How do the images of men and women seen on TV, games, and videos influence your perceptions of what men's and women's bodies should look like?
- ☐ Are all body shapes and sizes equally represented in the media? Why?
- ☐ Do any of your friends use 'fat talk'? How do you feel when they do?
- ☐ What do you do or say when you hear others using 'fat talk'?
- ☐ What ways can you appreciate your body for how it looks and what it does for you?
- ☐ What body self-talk does your body need to hear you say the most?

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