



GOOD PRACTICES

FOR BODY
ACCEPTANCE



ADVICE 1

Encourage teens to respect and listen to their bodies.

HOW TO DO IT?

- **Be a role model** for them by respecting their body's signals as well as your own.

- **Ask them:**

“what is your body telling you right now”

- At other times, **point out that their body is telling them something:**

“Look, your eyes are half-shut,
I think your body is tired.”



ADVICE 2

Help him to free himself from the gaze of others

HOW TO DO IT?

- It's normal to want to tell teens that they're beautiful; however, **they may associate this compliment with certain clothes and take it to mean that they're not beautiful when they wear other types of clothing.**

- Similarly, **avoid** making negative comments about their appearance such as

“you look ugly in that sweater”

or

“those pants don't suit you”.

The main idea should always be that clothing is comfortable, even if the colours are not the best match! Let young people wear the clothes they feel good and comfortable in.

- **They may also hear someone else being complimented** and think that they're not as beautiful because they didn't get the same compliment.

- **Also**, they may also start thinking that they only get the adult's attention when they are looking their best. They may then start trying to control their appearance for others and their image will become a source of anxiety.





ADVICE 3

Value other aspects of your teenager's personality

HOW TO DO IT?

- **Highlight teens' strengths, talents, achievements and qualities.** Concentrate on the things they're already capable of doing and avoid focusing on what they'll be able to do when they're older.

ADVICE 4

Help your youngster to resist the urge to control his appearance

HOW TO DO IT?

- **Have a zero-tolerance policy for unpleasant comments** about appearance and weight.
- **Avoid using scales**, both for yourself and others. Scales should only be used by healthcare professionals for very specific criteria and objectives.

It's normal for teens to want to emulate people such as public figures, influencers, actors or actresses.

Remember that young people need to develop critical thinking skills when confronted with beauty ideals and the images conveyed in the media. **You can choose to limit their exposure to such images**, remind them that these are fictional characters and provide them with a healthy and multifaceted body image yourself.



ADVICE 5

Stay tuned to your teenager

HOW TO DO IT?

- **Be aware of teens who talk about weight and appearance**, who seem dissatisfied or preoccupied with their image or who want to change their image or that of others, regardless of the level of dissatisfaction displayed.
- **Discuss puberty** with teens and talk about how their changing body might make them feel.

Explain how biology influences the shape and weight of a body.



ADVICE 6

Encourage your youngster to take care of his-her body with pleasure

HOW TO DO IT?

- **Teach them how to have a balanced diet** and help them discover new foods through a varied diet.
- **Encourage teens to move** for fun and join them in doing enjoyable activities that will help develop various skills and promote body acceptance.

