

“ The model photos in mags aren't real - they've been airbrushed! ”



Think about ...

# Body Image



EVERYBODY GETS SPOTS AT SOME TIME

I love my big bum



ACCEPT WHO YOU ARE



I'll never be a size 8... so what!

You will probably become more aware of how you look around the time your body begins to change at puberty. Your body will start to change shape; you will sweat more and may get spots.

Sometimes these changes can be difficult to deal with. Adjusting to your changing body is about more than how you look. Changes in your body - even minor ones such as the way it smells - are all perfectly normal parts of growing up.

**Everyone grows differently and at different times. Don't compare yourself to your friends or celebrities.**

As your body changes it is important to eat the right food, take regular exercise and wash daily as part of developing a healthy mind and body. Remember that genetics has an important part to play on how your body is shaped - there are just some things you have no control over!

If you are worried about your height, weight gain or loss, your appetite or eating habits, spots or other personal matters speak to a parent, a close relative or doctor for advice and support.

## Sources of Support

### Helplines:

Eating Disorder Association  
NI 028 9023 5959  
ADAPT NI 028 3834 7535

### Useful Websites:

[www.bbc.co.uk/radio1/advice/factfile\\_az/body\\_image](http://www.bbc.co.uk/radio1/advice/factfile_az/body_image) - helps if you have a negative body image  
[www.thesite.org/healthandwellbeing/wellbeing/bodyimageandselfesteem](http://www.thesite.org/healthandwellbeing/wellbeing/bodyimageandselfesteem) - looks at body image and low self esteem  
[www.teenagehealthfreak.org/topics/weight%20%26%20eating](http://www.teenagehealthfreak.org/topics/weight%20%26%20eating) - looks at issues including eating disorders, height and weight problems  
[www.thesite.org/healthandwellbeing/mentalhealth/eatingdisorders](http://www.thesite.org/healthandwellbeing/mentalhealth/eatingdisorders)  
[www.adapteatingdistress.com](http://www.adapteatingdistress.com) - provides information on eating distress