



## BODY IMAGE

Children today are exposed to more discussion about body image than children of previous generations. It is not useful for parents to obsess about their own weight issues in front of their children.

Kids today are more obsessed with their body image than those in past generations. This is partially influenced by the media and their social connectivity. Encouraging kids to have a healthy body image in childhood, can lay the foundations for good physical and mental health later in life.

A recent study highlighted that body image is one of the top three concerns for Australian youth. Over half of girls in high schools have tried to lose weight. One-third of teenage boys wanted to be thinner and another third wanted to be larger. Children need to understand that their body shape and size is not a reflection of their health or success. Parents and schools need to work together to help kids understand that everyone is born with their own 'body-suit'.

According to a recent report by the child advocacy group Common Sense Media, more than half of girls and one-third of boys as young as 6 to 8 think their ideal weight is thinner than their current size. By age 7, 1-4 children engaged in some kind of dieting behaviour?

In this edition of SchoolTV, parents will learn how to encourage their child to have a positive body image and why it is so important to their mental health. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please visit the link below.

<http://thac.nsw.schooltv.me/newsletter/body-image>

Feel free to contact the College Psychologist if you have any additional questions.

*Source: SchoolTV*

**Mrs Jacoline Petersen**

Student Wellbeing Coordinator

---