

FACTS

1. If Barbie was a real woman, she'd have to walk on all fours due to her proportions.
2. One out of every four college aged women has an eating disorder.
3. At age thirteen, 53% of American girls are "unhappy with their bodies." This grows to 78% by the time girls reach seventeen.
4. The desire to lose weight is highly correlated with poor body image.
5. By age four, children want to be thin.
6. By age eight, while both girls and boys are struggling with body image, girls experience the issue much more keenly.
7. By age 12, many girls won't risk exposing their bodies to ridicule.
8. By age 15, many girls react to constant teasing and harassment about their bodies by resorting to extreme weight loss and binge eating.

The Beautiful Me

If only you could

See past our reflections,

And all of these perfections.

These standards this society

Holds us up to.

All of these young beautiful girls

They eat food,

Feel fat, then hurl

Can anyone see past

The depths of our skin,

And look within

The depths of our hearts?

Someone come take up

Our hands and help us stand.

Show me what I am

Currently unable to see,

The Beautiful Me.

BE YOUR OWN DEFINITION OF
Beautiful.



*All things body
image.*

Help

- <http://www.mayoclinic.org/eating-disorders/treatment.html>
- <http://www.something-fishy.org/>
- <http://www.nimh.nih.gov/outreach/index.shtml>
- Our Patrick Henry school based clinic



This chart shows what a healthy weight is. Because you may be in the "large" section does NOT mean that you are fat, it simply means that you could start doing certain things that will make you healthier and happier.

WOMEN				MEN			
Height	Frame Size			Height	Frame Size		
Ft. In.	Small	Med.	Large	Ft. In.	Small	Med.	Large
4'10"	102-111	109-121	118-131	5'2"	128-134	131-141	138-150
4'11"	103-113	111-123	120-134	5'3"	130-136	133-143	140-153
5'0"	104-115	113-126	122-137	5'4"	132-138	135-145	142-156
5'1"	106-118	115-129	125-140	5'5"	134-140	137-148	144-160
5'2"	108-121	118-132	128-143	5'6"	136-142	139-151	146-164
5'3"	111-124	121-135	131-147	5'7"	138-145	142-154	149-168
5'4"	114-127	124-138	134-151	5'8"	140-148	145-157	152-172
5'5"	117-130	127-141	137-155	5'9"	142-151	156-160	155-176
5'6"	120-133	130-144	140-159	5'10"	144-154	151-163	158-180
5'7"	123-136	133-144	143-163	5'11"	146-157	154-166	161-184
5'8"	126-139	136-150	146-167	6'0"	149-160	157-170	164-188
5'9"	129-142	139-153	149-170	6'1"	152-164	160-174	168-192
5'10"	132-145	142-156	152-173	6'2"	155-168	165-178	172-197
5'11"	135-148	145-159	155-176	6'3"	158-172	167-182	176-202
6'0"	138-151	148-162	158-176	6'4"	162-176	171-187	181-207

Does any of this sound familiar? "I'm too tall." "I'm too short." "I'm too skinny." "If only I was taller/had curly hair/straight hair/longer legs then I'd be happy."

Most people are putting themselves down and you're not alone. Being a teen, you're going through lots of changes in your body. And when your body changes, so does your image of yourself. It's not always easy to like every part of your looks, I mean who does? But when you get stuck on those things it can really bring down your self-esteem.

Parents can play key roles in developing their children's views of their bodies, and they can help by:

- Trusting children's hunger and fullness cues;
- Reinforcing the idea that all bodies are acceptable;
- Talking with children about how the media portrays certain types of bodies in the media, that are not always correct
- Challenging put-downs and bullying based on body image at home and in the community.
- Being positive role models with regard to body image.
- Commenting positively on children's ability, character, and on areas where children excel.
- Celebrating the uniqueness of all people.