

Body Image Handout

List three things you would change about your body or how you look.

1.)

2.)

3.)

Fold this sheet of paper in half and refer back to it at the end of the presentation.

Now, practice reevaluating your responses above. If there are any negative responses, cross them out, and rewrite three positive aspects about your body or how you look.

How would you describe a positive body image?

Who are role models in your life for a healthy body image?

What are specific behaviors that support a more positive body image?



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