



BODY IMAGE

South Leicestershire School Sports Partnership Newsletter



WHAT DOES BODY IMAGE MEAN?

Body image is a person's perception of their physical self and the thoughts and feelings; positive, negative or both.



HOW BODY IMAGE CAN EFFECT CHILDREN AND YOUNG PEOPLE?

A negative body image can influence a child or young person in many ways. This can include: lower self-esteem, lower levels of confidence, increased levels of anxiety, depression or low mood, poor self-perception, critical self thoughts, social isolation or withdrawal.

SPOT THE SIGNS

**MENTALLY
HEALTHY
SCHOOLS**

**Find out
more here**



It's normal for children and young people to compare themselves to others, however there are signs to look out for that may suggest a child or young person has an unhealthy view of their body.

Mentally Healthy Schools have put together these signs to watch out for in children and young people:

- Feeling overly worried about how they look
- Wanting to cover up parts of their body because they feel self-conscious
- Not wanting to change or take part in physical education (PE)
- Being bullied for the way they look – or their peers making negative comments
- Having rigid thinking patterns about what is 'good' vs 'bad'
- Refusing types of food because "it makes me fat!"
- Changes in their social functioning or interaction
- Changes in mood
- Control of eating



ADVICE AND SUPPORT

YOUNGMINDS


Concerns over body image can take a huge toll on the mental health of children and young people. Young Minds have lots of advice and support on their website, check it out [here](#)



The Mind website contains information about eating disorders, including possible causes, symptoms and how to access treatment and support. Find out more [here](#)

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- **mental Health Awareness week** 15-21st May
 - **National Walking Month (Living Streets)** May

Key May dates



If you have any concerns regarding eating disorders, the NHS website has lots of advice for parents and carers [here](#)



Mental Health Awareness week runs from 15th to 21st May 2023
Hosted by the Mental Health Foundation, the aim is to educate the public about mental health issues and to promote better mental health. You can find out more [here](#)

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