



What is Body Image?

Adapted from BodyTalk Facilitator's Guide

Body image is the picture of your body that you hold in your mind. Body image is made up of many events in your life. Some examples are below:

- How your family members react to your body
- How your body changes as you grow
- Any experience of physical or sexual abuse you may have had
- How your body feels
- How you feel about being a girl or boy
- How you feel about your body
- Dance, sports or other exercise classes that you attend
- Accidents and illnesses you may have had
- Your culture
- Messages from media, such as on the internet, in magazines and in television or movies