

Body Image and Eating Disorders



King's Infant School
The British School of Madrid

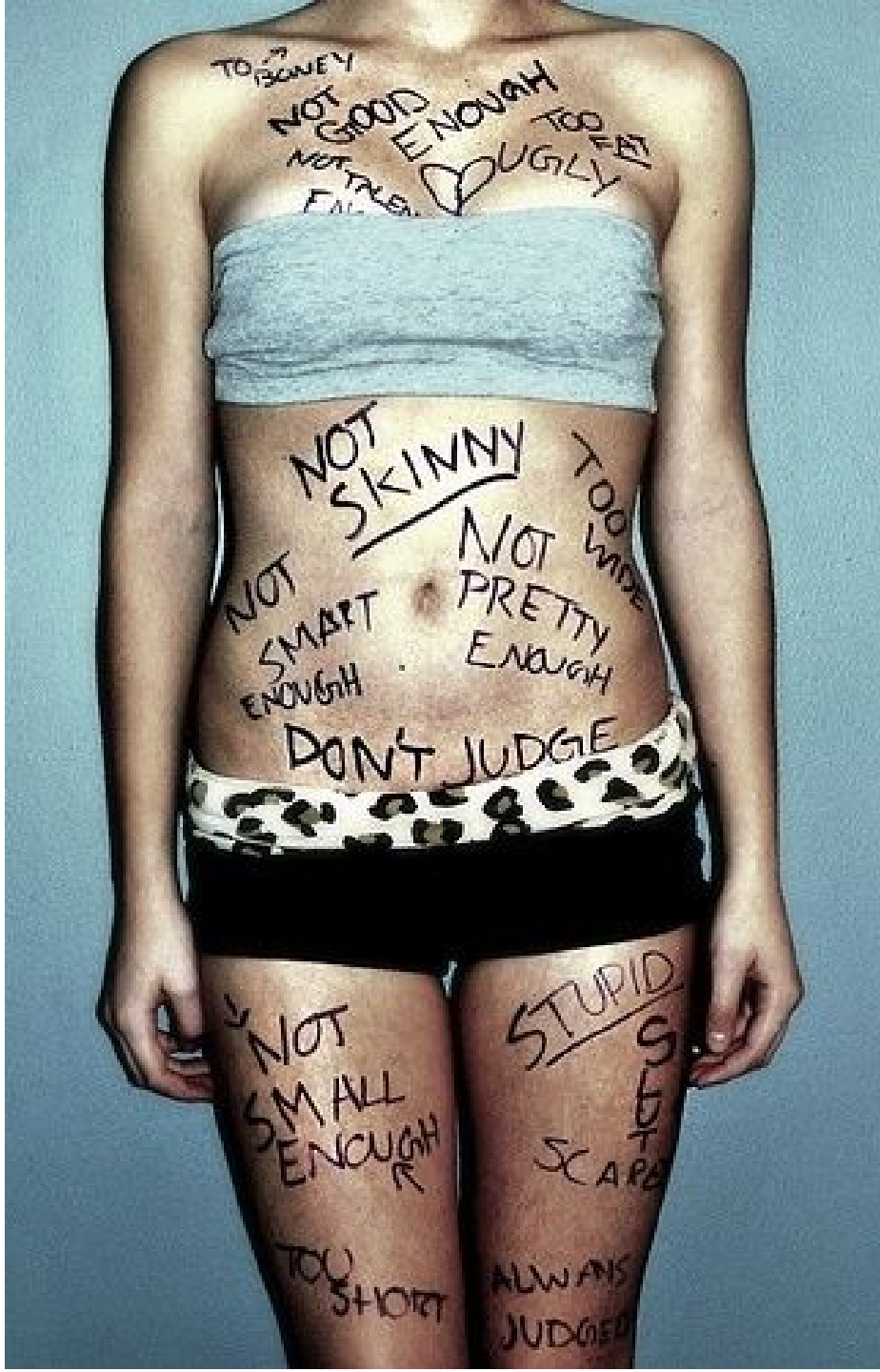
Chamartin



Parenting School

Think of one part of your body
you are proud of?

Think of three parts of your body
you would like to change



So what?

BODY IMAGE

Your **body image** is made up of the **thoughts** and **feelings** that result from how you perceive your **physical self**. It can be **positive** or **negative**.

Most high school girls in Australia wish they were thinner and body image is their number one concern.

Of Australian high school girls:

76%

wish they were thinner

50%

have tried to lose weight

16%

are happy with their body weight

Poor **body image** can lead to depression, anxiety, alcohol and other drug abuse and eating disorders.

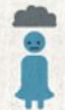
Some warning signs that you or someone you know might have body image issues:



Distorted eating habits



Obsession with weight and exercise



Being continually self-critical



Constantly comparing body size

Guys have body image issues too. One third of males want to be thinner and one third want to be bulkier.

More than **1 in 5** young men say body image is their number one concern



Tips for better body image:

- Say something positive about your body every day
- Aim to get healthier rather than lose weight
- Focus on yourself as a person, not just how you look
- Stop making unkind comments about other bodies
- Choose media that makes you feel better, not worse

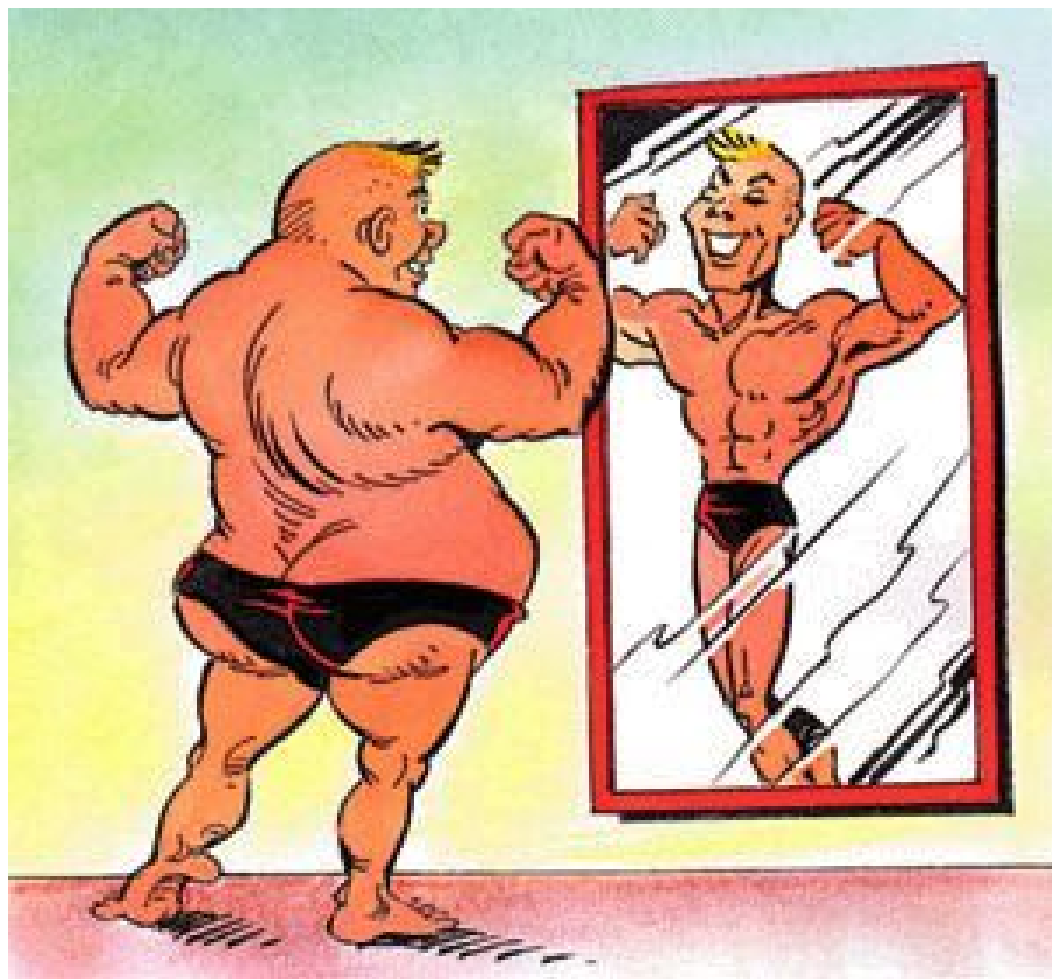


headspace .org.au/bodyimage

National Youth Mental Health Foundation

References – all at <http://www.headspace.org.au/what-works/research-information/depression#5A>

For more information go to headspace.org.au/bodyimage



Body Image *in the 21st Century*

Young girls are more afraid of becoming fat than they are of nuclear war, cancer or losing their parents.

Girls' self esteem peaks at age nine.

80% of children who are 10 years old are afraid of being fat.

Girls are three times more likely than boys to have a negative body image.

In grades 7-12, 30% of girls and 25% of boys reported being teased by their peers about their weight.

42% of first, second, and third grade girls want to lose weight.

46% of nine- to eleven-year-olds said they were sometimes or very often on a diet.

Girls as young as five are worried about their weight.



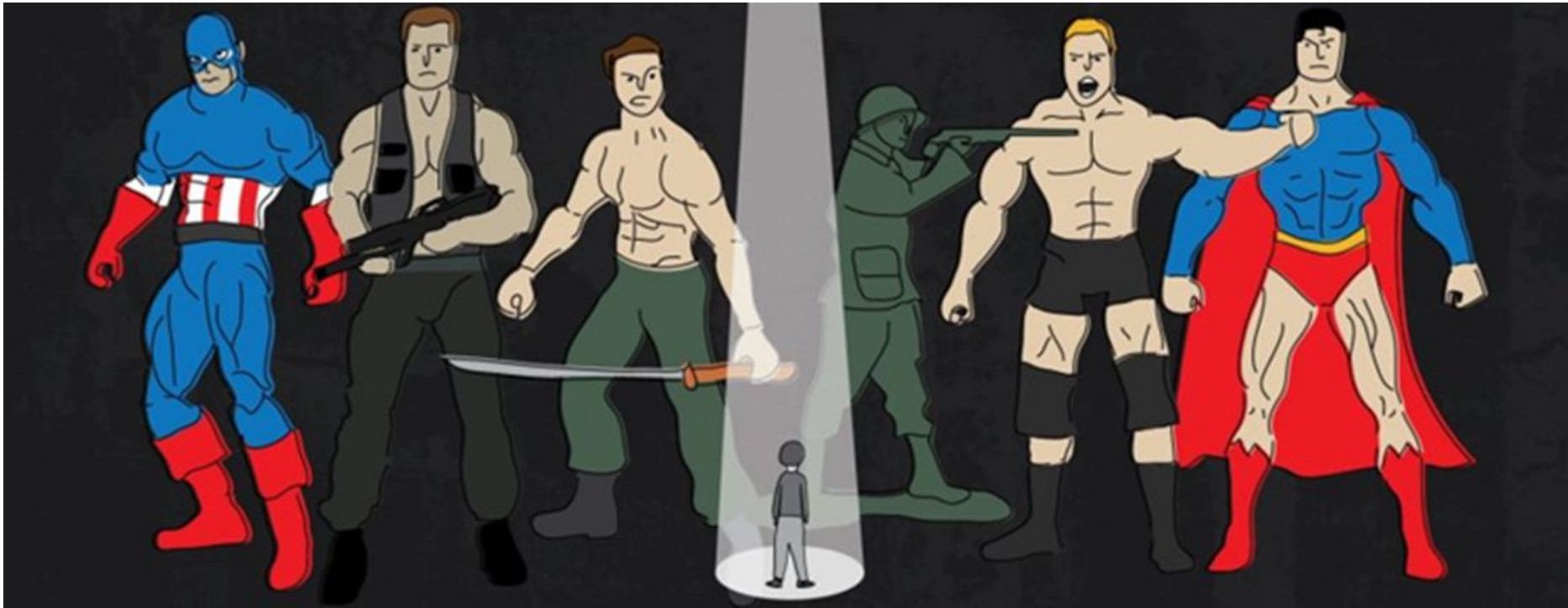
More than 90% of 15-17 year old girls want to change at least one aspect of their physical appearance.

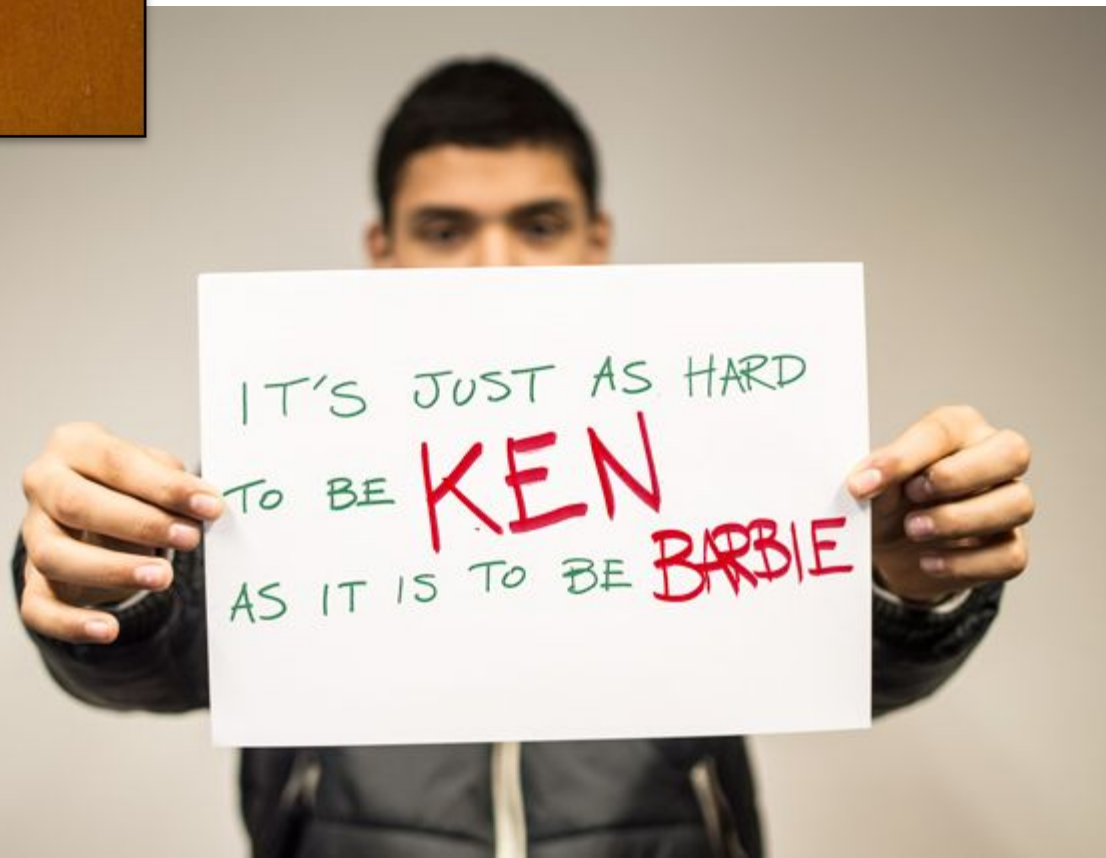
So what is the role of the
society?

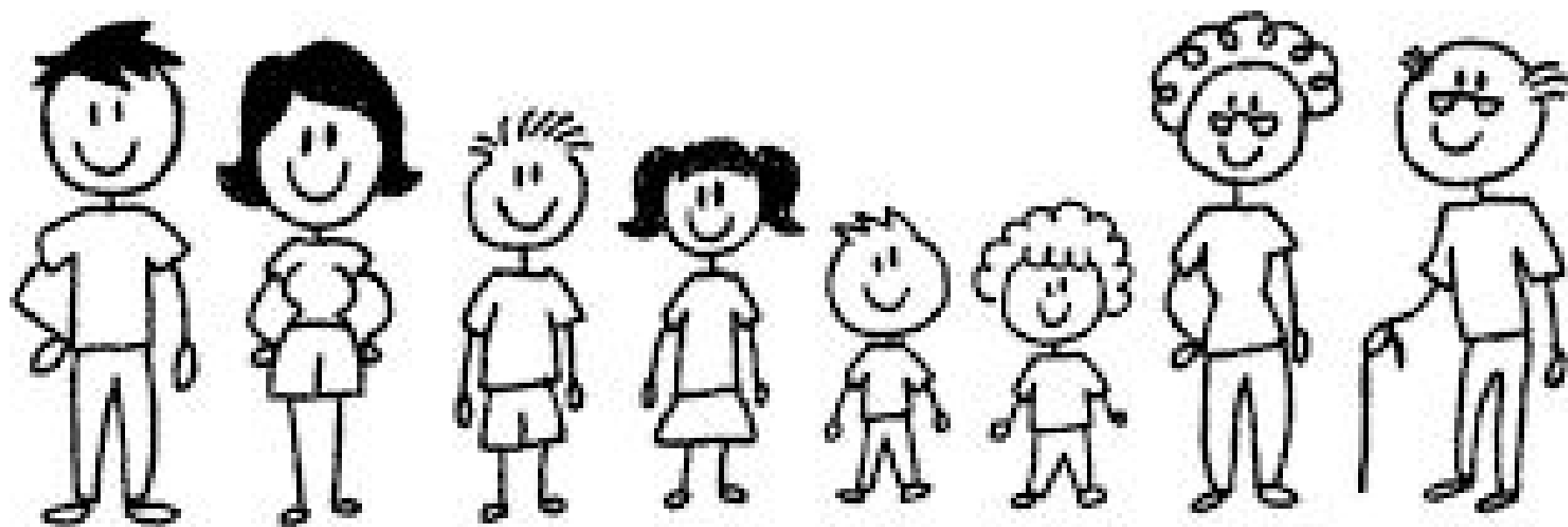
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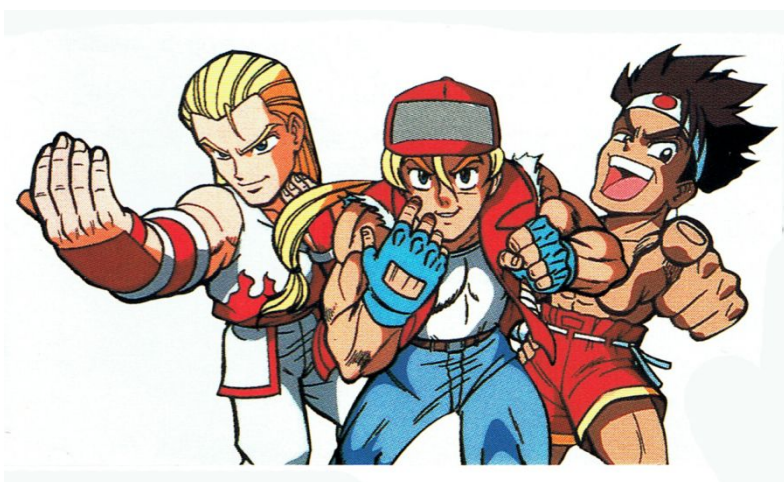
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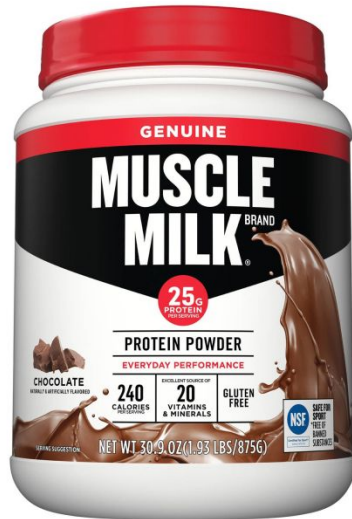
Where do our children get their
ideas from?

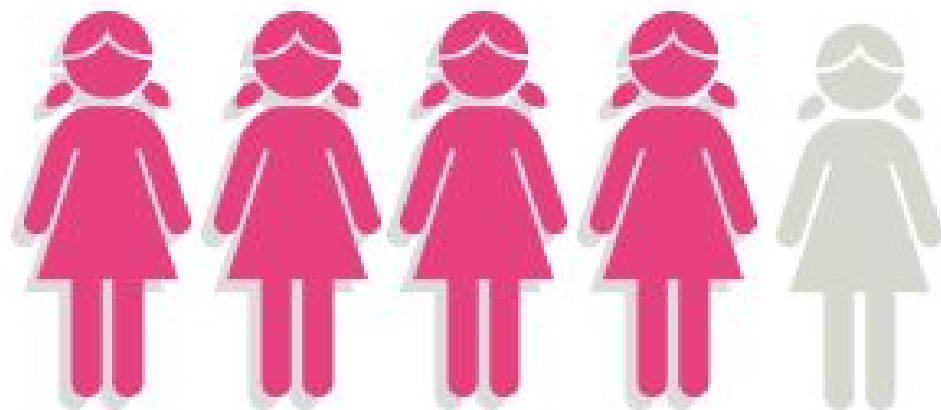












Four out of Five
children are afraid of being fat.



42%

Of girls ages 6-10
wish they were
Thinner

THIS IS WHEN IT'S GOING WRONG FOR BRITISH GIRLS

A timeline of childhood body image issues

5

Age 5: Girls start to worry about their size, according to the *British Journal of Psychology*

9

Age 9: 13% of girls “wouldn't go to school if they felt fat”

10

Age 10: Many children start dieting. 1/3 of girls say how their bodies look is their #1 problem

13

Age 13: 70% of teenage girls don't participate in certain activities, such as going to school, because of body image anxiety

15

Age 15: By this age, 49% of girls have been on a diet





Between 1999 and 2006, hospitalizations for
eating disorders in children under 12
increased by 119%

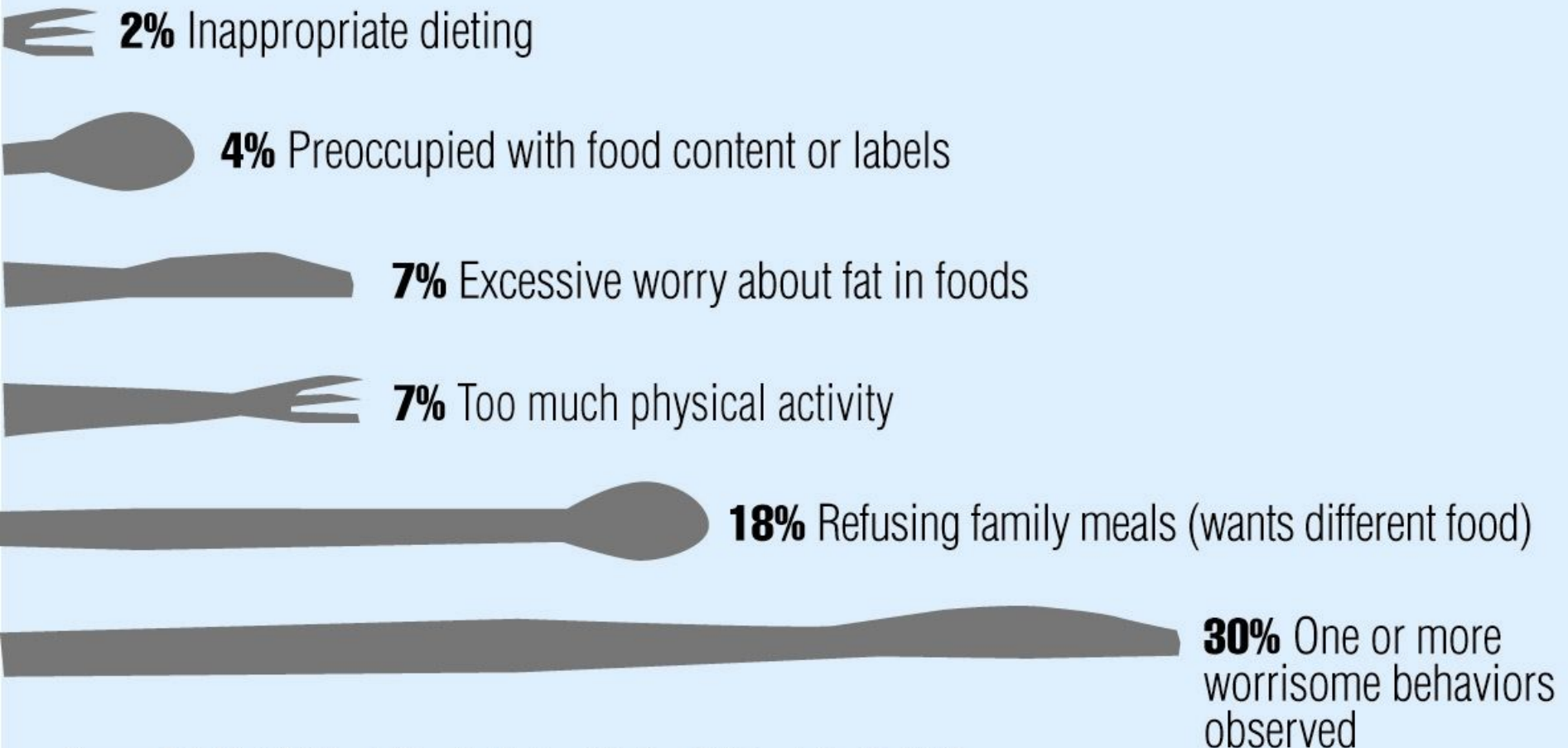
Each year more children continue to be hospitalised because of eating disorders and they are getting younger

This is not fussy eating





Figure 1. Parent Report of Worrisome Behaviors in Children Age 6-14



Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2012.

Warning Signs: Eating Disorders

People with eating disorders risk premature death due to medical complications.



- Low self esteem and body image
- Dramatic weight loss
- Preoccupation with weight, food facts, meal rituals
- Routine bathroom trips immediately after eating
- Binging on and hoarding large amounts of food
- Increased use of laxatives, diuretics or diet pills
- Compulsive exercising
- Withdrawn from friends and activities

Source: National Eating Disorders Association
WebKazoo graphic

BE A MODEL.

PARENTS, TRY THIS BODY IMAGE CHECKLIST:

- ✓ I said at least **one positive thing** about my body to my child today.
- ✓ We **didn't make fun** of each other's bodies or other people.
- ✓ I didn't compliment someone's **weight loss** around my child.
- ✓ I did what **made me feel good**, not what I was scared to do out of fear of judgment.
- ✓ I **didn't look at myself** in every reflective surface I passed.

www.scanva.org/prc



*Don't Weigh
Your Self
Esteem*



NO

BODY IS PERFECT