

NAME _____

Body Image Notes

What is body image?

1. How you see or picture _____
2. How you think _____ perceive you
3. What you believe about you _____
4. How you feel about you _____
5. How you feel IN your _____

Body image involves our perception, imagination, emotions, and physical sensations of and about our bodies. It is always _____; it can change because of our changes in mood, environment, and physical experience. It is not based on _____. It is psychological in nature, and much more influenced by self-esteem than by actual physical attractiveness as _____ by others. It is not inborn, but _____. This learning occurs in the family and among peers, but these only reinforce what is learned and expected culturally.

Developing a healthy body image...

- 1. Listen to your body. _____ when you are hungry.**
- 2. Be realistic about the size you are likely to be, based on your _____ and environmental history..**
- 3. Exercise regularly in an enjoyable way, regardless of size.**
- 4. Expect normal weekly and monthly changes in weight and shape**

5. Work towards _____ and self forgiveness- be gentle with yourself.
6. Ask for support and encouragement from friends and family when life is stressful.
7. Decide how you wish to _____ your _____ -- pursuing the "perfect body image" or enjoying family, friends, school and, most importantly, life.

Girls vs. Boys

Three things girls find physically important

- a.
- b.
- c.

Three things guys find physically important

- a.
- b.
- c.

What really is beauty?

- a. This was a Chinese custom where the foot was actually broken at a young age and bound so that it would stay small.

b. Some examples of this would be lip plates, corset piercing, and nose plugs.

c. In this culture only women with long necks were seen as beautiful. To be beautiful the women put heavy metal rings around their neck and actually stretched their necks really long. After time, if the rings would be taken off the neck muscles couldn't hold the head up and the women would die by

_____.

d. Through the custom of _____ tribes would use razor blades to look courageous and strong; sometimes even like alligators!

e. This custom has become very common and can be done to perfect noses, teeth, breast, tummies, faces, wrinkles, calves and almost anything you don't like about yourself. _____