



Body Image Guide for Teens

Because every body deserves respect—including the one they live in

What Body Image Really Means

Body image isn't just how someone looks—it's how they feel about how they look. It's shaped by family, friends, media, culture, and internal self-talk. A healthy body image helps teens feel confident, capable, and kind to themselves—even on tough days.

How Parents Can Support Positive Body Image

Talk About Bodies with Respect

- Use neutral or positive language ("strong legs" vs. "skinny legs")
- Avoid commenting on weight, shape, or appearance—focus on health and function
- Normalize changes: "Your body is growing exactly how it's supposed to"

Model Self-Acceptance

- Speak kindly about your own body in front of your teen
- Avoid diet talk or appearance-based criticism
- Celebrate what your body can do, not just how it looks

Help Them Navigate Media

- Discuss filters, editing, and unrealistic beauty standards
- Encourage following diverse, body-positive creators
- Talk about how comparison affects mood and self-worth

Focus on Whole-Person Wellness

- Prioritize sleep, movement, and nutrition—not just appearance
- Encourage hobbies that build confidence and joy
- Celebrate effort, kindness, and creativity—not just looks



What Teens Can Try

- Practice saying: “My body is mine, and it’s enough”
- Write down 3 things your body helps you do
- Unfollow accounts that make you feel “less than”
- Wear clothes that feel comfortable and expressive
- Remember: You’re not a before or after—you’re a whole human now



Printable Ideas to Pair With This Guide

- “Body Kindness Bingo”
- “I Am More Than My Mirror” affirmation cards
- “Media Decoder” worksheet: What’s real, what’s edited, what’s empowering
- “My Strengths” scroll: Physical, emotional, creative
- “Self-Talk Flip Cards”: Turn negative thoughts into affirming ones

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