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### ASK YOURSELF THIS

- Where are body messages generated? Who encourages these ideas/beliefs?
- Who creates the culture's expectations about body weight and size? Who promotes these beliefs?
- What contribution can I make to changing things that I feel are not true or unfair?
- Who are my role models and why?
- What am I doing or saying to encourage weight prejudice?
- What are my feelings about weight and fat?
- Do I have a healthy body image?
- What can I include in programmes that addresses body image and weight preoccupation issues?
- What is my relationship with food?
- Am I celebrating diversity or encouraging homogeneity?
- Am I conscious of my language? Do I say things like "I ate too much" or "I was good today" or "I should not have eaten that"?
- Do you talk about foods as "good" or "bad"? Do you use language like "should/should not have" with regards to food? Do I openly co-relate eating to putting on weight?
- How do you compliment people? On their looks or size?
- How do I feel about thin people? Fat people?
- How do I feel about myself?
- What kind of lifestyle do I model?
- Do I take into consideration ability with regard to body weight/shape/size?
- Do I have preconceived ideas about what large/small people can/cannot do?
- Is there a policy about fashion magazines in my work setting? Discussion about this?
- How do I look at competition between girls? Between boys?
- What is acceptable behaviour at meal times? Snacks?
- What will I do if someone in my care is dieting? Open about self-abusing behaviour?
- Can we start a programme where we have activities and themes built around self-esteem and body image, or use these themes to debrief existing activities that we have?
- Do I know what my local resources are? Where to go for help?

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Ask Yourself This

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