



(902) 443-9944 phone  
(902) 443-5680 fax  
www.edag.ca  
info@edag.ca

65 Ochterloney St., 2<sup>nd</sup> floor, Dartmouth, NS B2Y 1C3

---

## BODY IMAGE PERCEPTIONS: SOMETHING TO THINK ABOUT

### Instructions

1) Put yourself in your teen's shoes. How do you think your teen will respond to the following statements?

2) Ask your teen to fill in the blanks.

3) Compare responses. Are you surprised at all?

a) My (parents, mentor, teacher etc.) say that fat people are \_\_\_\_\_

---

---

b) My (parents, mentor, teacher etc.) say that thin people are \_\_\_\_\_

---

---

c) My (parents, mentor, teacher etc.) say \_\_\_\_\_

---

---

\_\_\_\_\_ about my body size.

d) Boys say fat girls are \_\_\_\_\_

---

---

e) Boys say thin girls are \_\_\_\_\_

---

---



f) Girls say fat girls are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

g) Girls say thin girls are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

h) I feel \_\_\_ about my body \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

i) If I woke up tomorrow and I was fat, I would feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

j) If I woke up tomorrow and I was thin, I would feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Adapted from Fraser Valley Health Region, Laurie Barker, RDN, Body Image Project**

