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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

