

BODY IMAGE AND EATING DISORDERS

A Guide for Educators

In today's world, it is common to see a glamorised version of people on screen. These people are flawless in every aspect of their appearance, leading the viewers to feel inadequate in the face of such perfection. Many students end up hating the idea of looking into the mirror, simply because what's on screen doesn't match with their reflection. Children's opinions of their bodies form at a very young age. Research suggests that children as young as 3 years old can have body image issues. There are many things that influence how children see themselves. Educators can play a critical role in helping their students develop a positive body image and self-esteem

Define healthy body image

Body image is not an inherently negative term. It simply refers to how one views their body. A healthy body image is feeling comfortable and good about the way you look.



Comparisons help no one

When imbibing healthy mindsets related to the body, it is important to make minimal comparisons to other people. Everyone's body is different; it requires different things to sustain itself. Do not compare yourself to an unfair standard. If you can view yourself in isolation, you will see yourself in a better light.



Practice what you preach

It is easy to lecture a room-full of students on the importance of valuing their bodies. However the best lessons are learnt by making those values a part of your daily life as well.



Employ student friendly practices

A common incident of body image issues stems from comparison with peers. At school health-check ups, nurses will often carelessly call out a person's body measurements in a room full of people. Practices like those need to be removed in order to be more sensitive to the feelings of their students.

