

# Body Image Tips for Girls

Did you know that body image is how you FEEL about the way you look?

It's actually NOT about what you look like.

We can change some things about the way we look but not everything. Your height, bone structure and muscle composition are determined by your genes - this is the way you were born. No two people were born to look the same way and it's important to celebrate difference.

Trying to change your actual appearance can be hard and exhausting but you have the power to change the way you see, feel and think about your body.

Here are some tips on ways you can start to develop a more positive body image:

**Don't compare the way you look to anyone else.** This is being very unfair on yourself, especially if you compare yourself to airbrushed images of models, celebrities, and pop stars!

**Treat your body well.** Eating nutritious foods, exercising MODERATELY and never going on dangerous diets will make you feel more alive and positive about yourself. You only get one body – treat it well!

**Don't try to be someone else.** You are beautiful just the way you are. Don't put pressure on yourself to diet, dress or exercise your way into trying to look like someone else. You don't need to change for anyone. If a certain girlfriend or group doesn't like YOU for who YOU are – they are not worth hanging out with.

**Focus on the parts of yourself you like.** Everyone likes some parts of their appearance. Try to focus on what you like and enhance it with clothes and accessories that bring out your personal style and confidence.

**Remember that people on TV and in magazines don't really look like that.** Photos of models, celebrities, pop stars, actors and sports stars who appear in the media are airbrushed, photoshopped and digitally enhanced. They all look the same and it isn't realistic.

**Be kind to yourself... AND your friends!** You probably treat your friends well so what would it be like if you treated yourself with the same respect? Be kind to yourself and notice the difference. Support your girlfriends by never bullying, teasing or putting anyone down. Be proud of who you are and celebrate the differences between you and your friends.

**You are so much more than the way you look.** Have fun with the way that you look but don't let it rule your life. You don't need an expensive dress and lots of make up to feel amazing. Putting energy into the things you are good at, things you love doing and people you love being around will make your life fun and meaningful!

If you feel down or worry about the way you look, Butterfly can help you. Call our **Support Line on 1800 ED HOPE (1800 33 4673)** or email us at [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

