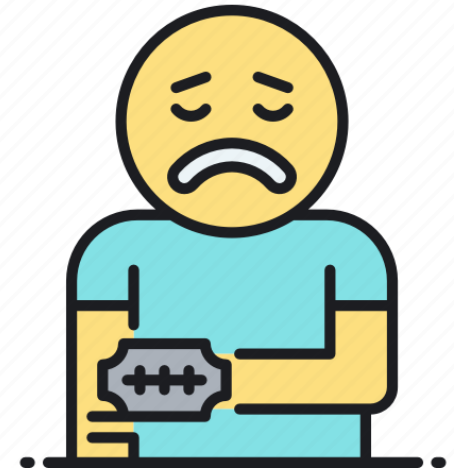


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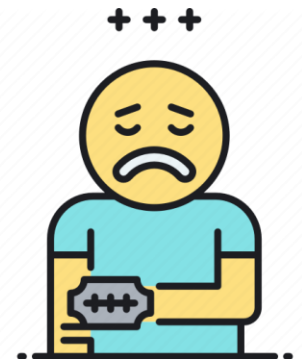
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## **BODY IMAGE AND SELF HARM**

# The aim of this session is to...

- help you to identify what we mean by body image and self harm
- know what to do if you are worried about how you look and / or self harm
- Analyse what we can do to help ourselves and others to stay healthy (physically and mentally)



A TIME OF MY  
LIFE THAT  
I WILL NEVER  
GET BACK



[Click here for  
Jesy Nelson  
clip](#)

BBC



# What is body image?

Body image is how we think and feel about ourselves physically, and how we believe others see us.

During adolescence and puberty, your brain and body go through huge changes. Your body releases hormones which make you more aware of how you look, and more aware of other people's bodies.

These changes happen to everyone, and can sometimes make you feel out of control or anxious.



# What to do if you are worried about how you look



**Many people feel insecure about the way they look at some point in their lives. It's important to remember that there isn't a single type of beauty - everyone sees it differently. And there simply isn't a right or a wrong way to look.**

**But if you're struggling, what can you do?**

**Let's talk....  
In your groups  
discuss what  
action you would  
take **if you are  
worried about  
how you look****



# What to do if you are worried about how you look



1)  
**Be kind to yourself** and try not to compare yourself to the many images you see online and in magazines, which are often digitally changed to make them look 'perfect' – they don't reflect how people look in real life.



# **What to do if you are worried about how you look**



**2)**  
**Focus on the things  
you like about yourself  
and the parts of your body that you like.**



# **What to do if you are worried about how you look**



**3)  
Spend time with people who make you feel positive about yourself.**

**It might help you to write down the nice things people say to you, and not just about how you look. Remember, people value you for many reasons.**





# **What to do if you are worried about how you look**



**4)**

**Think about what advice you would give a friend**

**if they told you they were struggling with the way they look, and remember that advice whenever you start having negative thoughts.**



# **What to do if you are worried about how you look**



## **5) Talk to someone you trust.**

**It could be your parents or wider family members, like older cousins, aunts or uncles. Outside home, it could be a teacher, a neighbour, close family friend or someone from a club you attend.**



# How you can support a friend

**Talk to them and encourage them to focus on what they like about themselves and what they can do – not just how they look.**

**Help them to see all their good points and the things you like about them – these can be simple things, like being a good sport, a caring friend or making people laugh.**

**And If you think they're feeling overwhelmed, encourage them to see their GP for professional help.**



**ONE IN FIVE ADULTS (20%) FELT SHAME, JUST OVER ONE THIRD (34%) FELT DOWN OR LOW, AND 19% FELT DISGUSTED BECAUSE OF THEIR BODY IMAGE IN THE LAST YEAR.**



**One in five** UK adults have felt shame because of their body image in the last year.

(Mental Health Foundation, 2019)



#BeBodyKind



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# AMONG TEENAGERS, 37% FELT UPSET, AND 31% FELT ASHAMED IN RELATION TO THEIR BODY IMAGE.



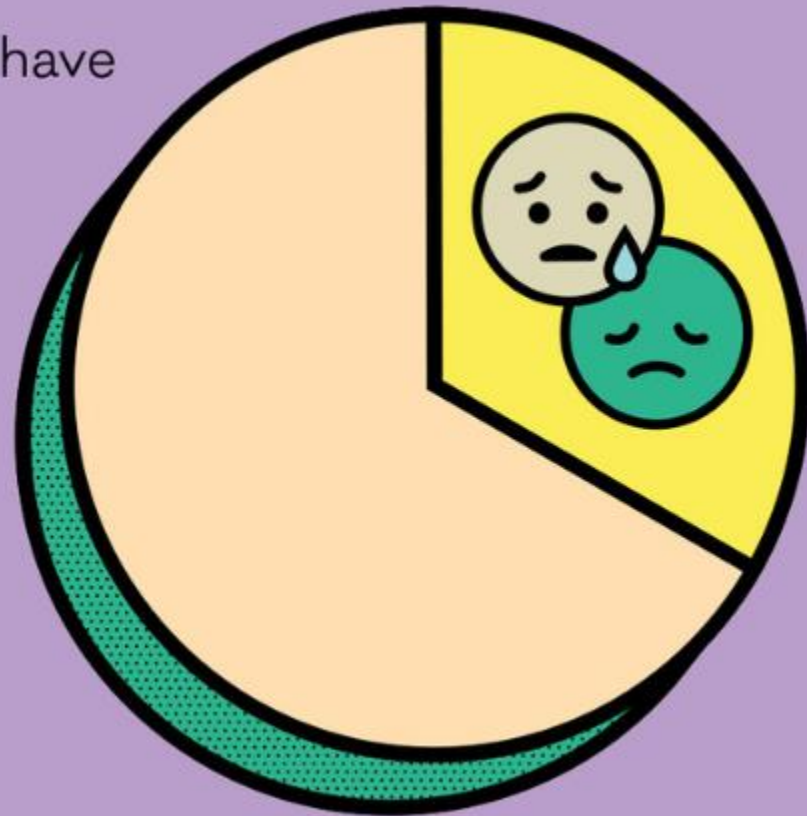
**Over a third** of UK adults have felt anxious or depressed because of concerns about their body image.

(Mental Health Foundation, 2019)

#BeBodyKind



Mental Health  
Foundation



# ONE ON EIGHT ADULTS IN THE UK HAVE EXPERIENCED SUICIDAL THOUGHTS OR FEELINGS BECAUSE OF THEIR BODY IMAGE



Mental Health  
Foundation

#BeBodyKind

One in eight adults in the UK  
have experienced suicidal thoughts  
or feelings because of concerns  
about their body image.

(Mental Health Foundation, 2019)



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# JUST OVER ONE IN FIVE ADULTS (22%) AND 40% OF TEENAGERS SAID IMAGES ON SOCIAL MEDIA CAUSED THEM TO WORRY ABOUT THEIR BODY



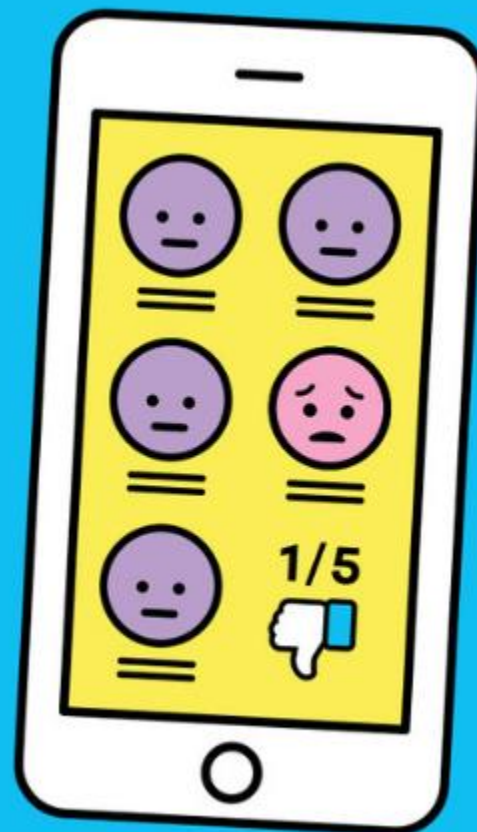
**One in five** UK adults said images on social media had caused them to worry about their body image.

(Mental Health Foundation, 2019)

#BeBodyKind



Mental Health  
Foundation



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# What is self-harm?

**Self-harm is when you hurt yourself on purpose.**

**You usually do it because something else feels wrong. It seems like the only way to let those feelings out.**

**It is a very common behaviour in young people and affects around one in 12 people with 10% of 15-16 year olds self-harming.**



+++





# What is self-harm?

**If you self-harm it is usually as a result of another problem.**

**It can happen if you are feeling anxious, depressed, stressed or bullied and feel you don't have any other way of dealing with these issues.**

**Often self-harming brings only temporary relief. It can be upsetting when you think that self-harm is the only way you can cope, but there are other healthy ways you can cope.**

**Sometimes it feels like no-one understands why you self-harm but lots more people today know about what the condition really means.**



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Five ways you could respond and get support if a friend tells you they are self-harming.

**1) Don't panic**

**2) Offer to listen**

**3) Help them to find support**

**4) Be there for them for the long haul**

**5) Look after yourself**

[Click here for story about self-harm recovery](#)



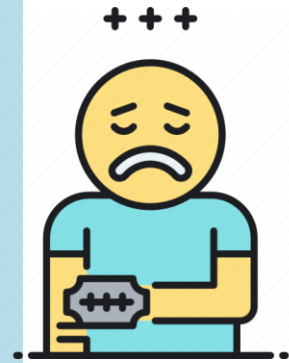
# What to do if you are worried about self-harm



**Take the first step** – if you think you are affected by self-harm talk to someone, a parent or relative you trust, perhaps a teacher or adult you trust. If you don't think you can confide in anyone, talk to your GP.

**Why talk to your GP** - Self-harm can be a sign of other disorders that you need help with such as depression or anxiety and they can refer you to the right people for treatment.

You may also be referred to a professional so you can have an assessment for the right treatment for you.





# WHERE TO GET HELP

## YoungMinds Crisis Messenger

Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis

If you need urgent help **text YM to 85258**

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

## childline.org.uk

The UK's free helpline for children and young people – it's a confidential service and provides telephone counselling for any child with a problem.

**Helpline: 0800 1111**

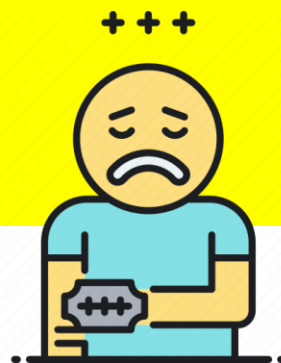
## Samaritans

[www.samaritans.org](http://www.samaritans.org)

If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.

Freephone 116 123 (24 hours)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)



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Name

Date

Where can you get help?

How did the Jesy Nelson clip make you feel?

**What action you would take if you are worried about how you look?**



## **BODY IMAGE AND SELF- HARM**

What do we mean by body image?

What is self-harm?



**What advice would you give to others about body-image and self-harm?**

# Can you...

- identify what we mean by body image and self harm?
- Explain what to do if you are worried about how you look and / or self harm?
- Analyse what we can do to help ourselves and others to stay healthy (physically and mentally)?

