

# Body Image & Body Positivity

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Body image is how you see your body in the mirror and in your mind, and what you think about your appearance.



## Did you know...

Worries about weight or body image often begin at a young age and can persist if not addressed.

40 to 60% of children (ages 6-12) worry about their body and weight, and over 50% of teen girls and 30% of teen boys engage in unhealthy weight management behaviors.

People with negative body image have a greater likelihood of developing eating disorders and/or other mental health conditions.

## Signs of negative body image:

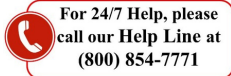
- Excessive weight loss & dieting
- Restrictive eating & over exercising
- Over eating or bingeing
- Critical of their body & frequent comparisons

## What can I do as a parent?

- Set a positive example of a healthy relationship with food.
- Encourage open dialogue around body size, appearance and food
- Help your children use internet mindfully
- Actively seek support from a doctor or mental health professional if you are concerned about your child



1. <https://www.nationaleatingdisorders.org/statistics-research-eating-disorders>
2. Smolak, L. (2011). Body image development in childhood. In T. Cash & L. Smolak (Eds.), *Body Image: A Handbook of Science, Practice, and Prevention* (2nd ed.). New York: Guilford.
3. Westerberg, D. P., & Waitz, M. (2013). Binge-eating disorder. *Osteopathic Family Physician*, 5(6), 230-233.



National Eating Disorders Association

NATIONAL HELPLINE | (800) 931-2237



[thebodypositive.org](https://thebodypositive.org)