

Positive Body Image

Body image and self-esteem are linked to how we treat ourselves. It is easier to take care of ourselves when we feel good about our bodies. Children learn how to care for their bodies from adults they love and respect. Help children and youth to develop healthy habits and a positive body image.

- **Teach kids their worth is not related to how they look.** Focus on their skills and qualities not their size or shape.
- **Talk about food and food choices in a neutral manner.** Avoid calling foods good and bad or healthy and unhealthy.
- **Offer a variety of food choices at home and school.** Involve children and youth in planning, shopping and cooking.
- **Do not use food as a reward or punishment.** This sends the message that food leads to love and acceptance.
- **Live with a positive attitude about bodies.** Avoid comments about body size and shape, diets or calories. Don't talk badly about your body or about those around you.
- **Be a role model.** Feed yourself nourishing foods and find physical activities you enjoy.
- **Help children and youth become media savvy.** Talk about bodies on television, the Internet and social media and how they often don't reflect reality. Carefully choose to follow people who share positive body image messages.



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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.