

Body Image Environment Assessment

Your family home has the potential to support a healthy lifestyle. There are many successful strategies that can be used in and around the home to promote a healthy and positive body image.

This fun activity will give you and your children an idea of how your home environment can impact your preteen's



body image by looking at the “Who? What? Where? When? Why? And How?” of your family’s body image choices, habits, and

resources. When you know the answers to these questions about body image, you have even more know-how for helping preteens stay on a healthy track.

This activity will help you in two ways:

- You will work with your preteen to assess surroundings in and around your home to learn how environment can affect body image.
- You will work with your preteen to shape your body image environment and discover ways to make improvements in and around your home, making it an easier and more appealing place for you and your preteen to have a healthy, positive body image.

Who? What? Where? When? Why? How? How much?

Who Sets the Stage for Promoting a Healthy, Positive Body Image?

Supporting a healthy, positive body image is everyone’s job, but parents have a significant role in setting the scene for preteens choosing to have a healthy body image. Mark all that apply.

In the home, who usually...	Mother	Father	Children	Other
determines what magazines are read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
determines what TV shows and movies to watch?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
monitors conversations and addresses issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
comments about different body types?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
buys clothing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TIP: Parents are responsible for what types of magazines, videos, and Internet access are allowed for the preteens in the home. Your preteens are responsible for what types of magazines, videos, and Internet access are viewed outside the home.

Who? What? Where? When? Why? How? How much?

What is in Your Home to Develop and Reinforce Your Preteen's Positive Body Image?

What items are in your home that might influence your preteens body image? Why do your preteens form one perception of their body image over another perception?

Let's look at what items are currently easiest to access in your home:

- What types of magazines are available in your home?
 - Do the magazines promote the fact that healthy people come in all sizes and shapes?
 - Do they promote that all people, no matter what their size and shape, have unique talents and personalities?
 - Do the magazines promote a healthy lifestyle approach to food, nutrition and physical activity?
- What type of photos do you have in your home?
 - Do the photos portray many different types of body shapes and sizes?
 - Are all people, no matter the size or shape, talked about with respect with emphasis on unique talents rather than their size?

You and your preteen will take a look at the *places* where you usually keep magazines and photos. At each location, jot down what you first see or notice. Then circle how accessible the items are by ranking them low, medium, or high.

	Where	First Glance	Accessibility
Magazines supporting healthy lifestyles and positive body image			Low Medium High
Magazines supporting unhealthy lifestyles and poor body image			Low Medium High
Photos of people representing many sizes and shapes			Low Medium High
Photos of people who are slender only			Low Medium High
Other (please specify):			Low Medium High

TIP: Place magazines promoting healthy lifestyles and images in easy to access locations. Photos of people of many shapes and sizes should also be prominently displayed. Talk about the unique talents and personalities of all the people in the photo, no matter what their size or shape. Keeping your preteen on the healthy track is much easier if the healthy choice is the easy choice. An environment that supports positive body image can help achieve a more active lifestyle, too.



Who? What? Where? When? Why? How? How much?

Where Does Your Family View Images of Different Body Shapes and Sizes in Your Home?

The environment in your home provides plenty of opportunities for promoting a positive body image. First consider where your family views images of body shapes and sizes.

Where in your home do you find:

- Images or items that promote a positive body image? _____
- Images or items that do not promote a positive body image? _____
- Media messages that might affect your preteens body image? _____
- Other influential objects or items? _____

TIP: Every family determines where the environment within their home can promote a health body image. Share with your preteens why you choose specific television shows, movies, songs, and Internet sites that represent healthy lifestyles and give your preteens some responsibility for choosing media outlets, therefore providing valuable decision-making practice.

Who? What? Where? When? Why? How? How much?

When to Discuss Body Image with Your Preteen?

A positive body image is very important for your growing preteens. The healthiest and easiest way to help your preteens develop a healthy body image is to talk to them about how they feel about their body.

Do your preteens....	Always	Sometimes	Never
Talk about how satisfied they are with the look of their body?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk about how others are teased because of their body shape?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comment on the images found in the media?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TIP: Be a positive role model. You can start by answering these same questions for yourself. If you appreciate your body and have a healthy body image, chances are your preteens will do the same.

Who? What? Where? When? Why? **How?** How much?

How Can You Talk to Your Preteen about Body Image?

It is common for preteens to be concerned about how their body looks, but at the same time, it can be an opportunity for parents to explore body image attitudes in their family and community. Parents can also explore how powerful the media has become in shaping the body image “ideal” of today’s culture.

When talking to your preteens about body image, do you...	Always	Sometimes	Never
Set aside a time for a private, respectful talk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communicate your concerns?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Express your continued love and support?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask if there is anything you can do to help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask how they are feeling about their changing body?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remind them that there are people who care about and support them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TIP: If you are worried about your preteens’ body image, it is important to express your concerns in a loving and supportive way. Talk to your preteens in a calm and caring way about the specific things you have seen or felt that have caused you to worry.