

Body image: Tarporley High School delves into the deeper issues of body image

11:45am | Tarporley



2 year 10 students having a happy day at school

We have been discussing some of the perceptions about body image. Here are some questions to get you thinking about your body image:

- How do you feel when you look in the mirror?
- How do you feel when you see pictures of attractive people in magazines, on TV, or online?
- What do you think other people think about how you look?

- Do you ever avoid activities like exercising because you are uncomfortable showing your body?
- How do you usually reply when people compliment how you look?
- Do you often feel jealous of other people for the way they look?



4 students who believe in positive body image

Body image is how you feel when you look at yourself and also how other people see you. Some people are more confident about their bodies than others. This is called positive and negative body image. Positive body image is when you accept the way you look and feel good about your body most of the time. You may not match the ideals in the media but you still feel proud of how you look.

Negative body image is when you're constantly trying to measure yourself up to the beauty commonly seen in the media. This can easily affect your health and well-being such as causing anxiety, depression and low self-esteem. Also it's been found that people with a negative body image have more trouble concentrating whether it be at school or work, they cut themselves off from their social life and in the very worst case suffer mental health issues such as anorexia, bulimia and over exercising. These disorders can be very serious.

There is a way to improve your body image!

Talking with a person you trust such as a friend or family member about the way you feel can help. You can also seek professional help from a therapist which may also help. Talking about your negative feelings and developing new ways to think about your body and your self-worth is a good way to address a negative body image.

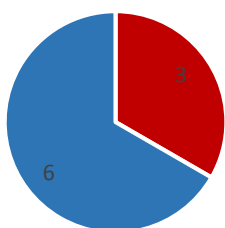
A student from Tarporley High School says “the opinion of others towards my appearance doesn’t matter to me at all”. Also they have “never felt discriminated because of my physical appearance”. In their opinion what makes a person attractive “isn’t just the way someone looks but their personalities and social skills such as how polite they are”. Lastly, they don’t think “the media’s representations of male and female are a healthy image to follow because they are mostly photo shopped”.



A teacher from the same school had contrasting views. He said that “Things that make people attractive are their sense of humour, personality and friendship.” He also said that “The media today doesn’t give out a healthy image to people and that it only really shows us the top 5% of the world, and that everybody else just looks normal, and that there is nothing wrong with that.” So this could mean that people in older generations care less about appearance than teenagers struggling with body image issues.

Body Image Survey Analysis

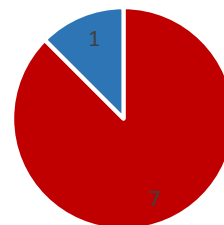
Are Year 7's Happy with their appearance?



■ yes ■ no

Two thirds of the Year 7's we surveyed said that they were unhappy with their appearance. This shows us that children as young as 11 are already struggling with body image issues. All of the children we surveyed that were happy with their appearance were male.

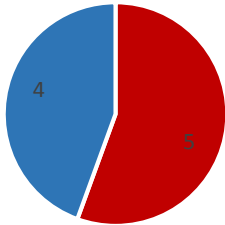
Are Year 8's Happy with their appearance?



■ yes ■ no

In year 8 the results contrast. The majority of students are happy with their appearance, this could be because they are more used to high school and are therefore less self-conscious. Also, as they are now slightly older they may have started wearing makeup and that could make them feel better about themselves.

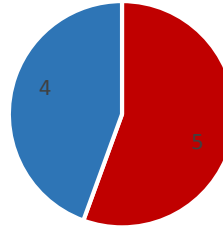
Are Year 9's
Happy with their
appearance?



■ yes ■ no

In year 9, every girl we surveyed said that they weren't happy with their appearance, and every boy said that they were. This could mean that as girls get older they struggle with body image a lot more than boys do.

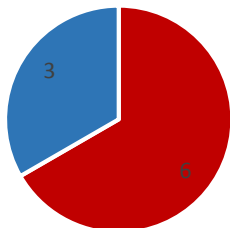
Are Year 10's
Happy with their
appearance?



■ yes ■ no

In year 10, more students are happy with their appearance, but there are still 15 year olds that are unhappy with their appearance from this survey.

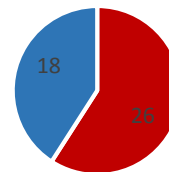
Are Year 11's
Happy with their
appearance?



■ yes ■ no

In year 11 there are more people who are happy with their physical appearance, so that could mean that as students get older, issues like body image are less common. However a third of the students we surveyed still felt unhappy with their appearance.

Overall how many
students were
happy with their
appearance?



■ happy ■ unhappy

Nearly half of the students we surveyed said that they were unhappy with their appearance, this shows us that body image is an issue that affects many teenagers.

So, after reading this, what are your opinions on body image?

Imogen, Eve, Sophie, Robyn, Emma- Year 10