

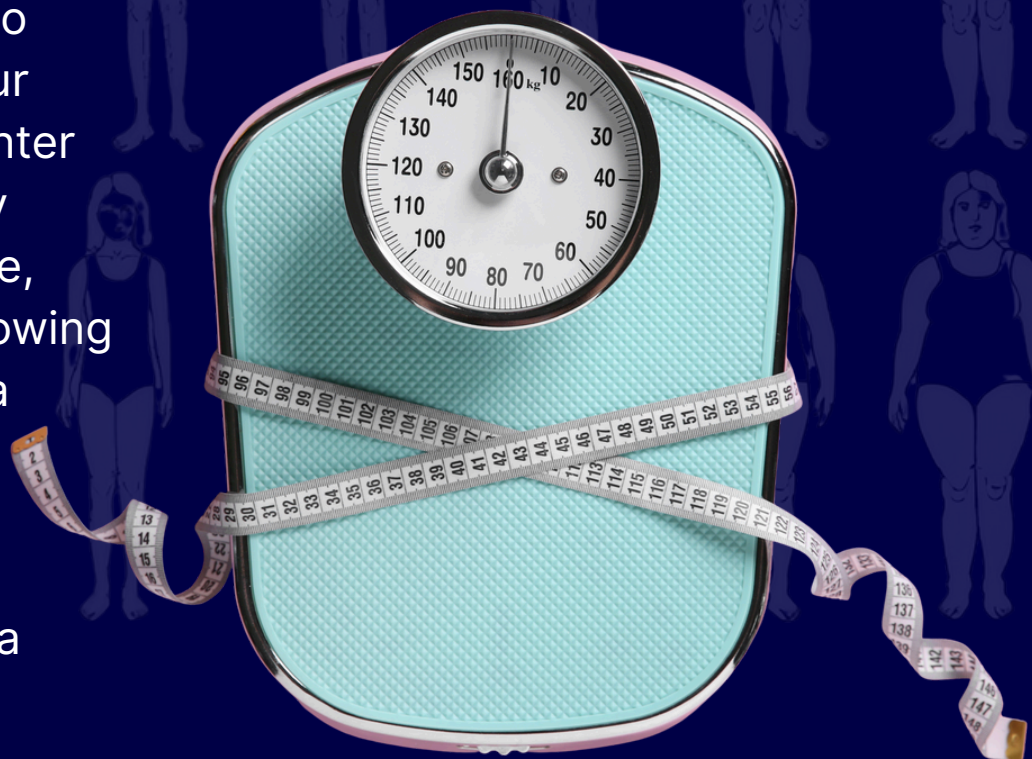


BODY IMAGE

Body image isn't just a "girl thing." It's a human thing. And right now, teenagers are growing up in a world where every body is on display, and constantly under critique.

This guide is here to help you talk to your teen—son or daughter—about what really matters: confidence, self-worth, and knowing they're more than a reflection.

Let's change the conversation, one honest moment at a time.



WHEN "YOU'RE NOT FAT" ISN'T HELPFUL,

WHAT TO SAY INSTEAD

*Because ONE sentence can wreck their confidence
or help rebuild it.*

"You don't
have to love
how you look
every day."

"Your body
is changing.
That's not a
problem.
It is all part
of the plan."

"Let's focus
on feeling
strong and
healthy, not
looking a
certain way."

AND WHY IT WORKS

Because guess
what? Most of us
don't. That doesn't
mean there's
something wrong
with you.

Normalize
the chaos.
It's literally
how biology
works.

We're raising
humans,
not filters.

WHAT NOT TO SAY (EVEN IF YOU THINK IT'S HELPFUL)

"You're not fat, you're beautiful."

Translation:
Fat = Not Beautiful.
We are not doing that.

"You'll grow out of it."

Minimizes what feels huge to them. Try: "This stage is hard. Let's talk about it."

"Don't be silly, you're perfect."

Dismissive and fake.
Be real. Be present.

"I wish I looked like you!"

Sounds like a compliment, but it turns their body into a comparison game. Again.

"Just eat healthy and exercise more."

Sounds like a fix. Try: "What helps you feel good in your own skin?"

REAL TALK FOR PARENTS.

They're watching how you talk about your own body, your jeans, your wrinkles, your weight, your food.

They're learning from what you criticize—especially when it's yourself.

So if you wouldn't say it to your kid, maybe don't say it to the mirror either.

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