



**Do you feel at home  
in your body?”**

**Nine out of 10 teenagers in the world are unhappy with their body.**

**Only 8% of the 2,000 teens questioned for the poll said they were "happy" with their appearance, while 87% said they were "unhappy".**



The **hypothesis** of the research: positive teenage body image is an important part of healthy self-esteem

The **purpose** of the research work is: developing a healthy body image- how you can help yourself

The **object** of the research work: body image

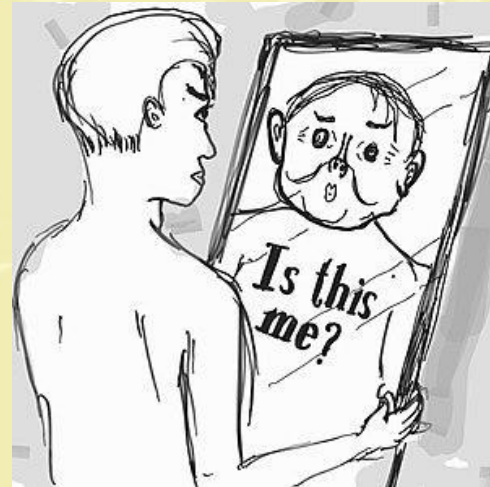
The **methods** used in the research work are  
the method of collecting information in books and in the Internet;  
conducting a survey among the classmates;  
Comparison

The **aim** of our project is creating a social advertising video which will help teens to feel at home in their bodies



# What is body image?

**Your body image is how and what you think and feel about your body.**



# HEALTHY LIFESTYLE



FITNESS & EXERCISES



HEALTHY FOOD & WATER



REGULAR MEASUREMENT



MEDICAL EXAMINATION



ACTIVE LIFESTYLE



RELAXATION & SPA



We've all got  
sweet bodies!



**Teenage girls who don't like their bodies often want to lose weight and be thinner.**



**Teenage boys want to lose weight, be taller or have more muscles.**





# Effects of unhealthy teenage body image

- ✓ low self-esteem
- ✓ eating disorders
- ✓ mental health disorders



# Developing a healthy body image



- ✓ Do not compare yourself to others
- ✓ Wear clothes that make you feel good
- ✓ Take care of your body and mind
- ✓ Take care of skin
- ✓ Learn how to accept compliments
- ✓ Respect your body
- ✓ Accept yourself for who you are



Заполните пропуски, используя следующие слова и выражения, поставив глагол в соответствующем времени (2- лишних) Запишите только слова  
**obsessed, fit, wear, lose weight, go on a diet, grow, well-built, put on weight, focus on, baggy, scruffy, smart,**

1. You look ... today.
2. My sister ... taller recently.
3. Homeless people wear ... clothes.
4. You should ... the task.
5. Jed was a handsome, ... man.
6. If you want to ... you mustn't eat fast food.
7. I can't stand ...sweaters.
8. Her eyes sparkled with ....
9. She can eat like a horse and never ....
10. She ...an extreme ....
11. A lot of young girls are ... by their weight.



Отметьте в предложениях True, False в соответствии с текстом  
“Do you feel at home in your body?”

1. Your friends affect the opinion you have of yourself.
2. Growing up happens at the same speed for everyone.
3. Media images put pressure on you to go on extreme diets.
4. Teenagers seldom would like to change something about their bodies.
5. Adverts sell fantasy and vanity.
6. Your classmates notice how you look but not how you feel about yourself.
7. Self-esteem is how you look.



JUST TRY TO  
BE HAPPY WITH  
YOURSELF

