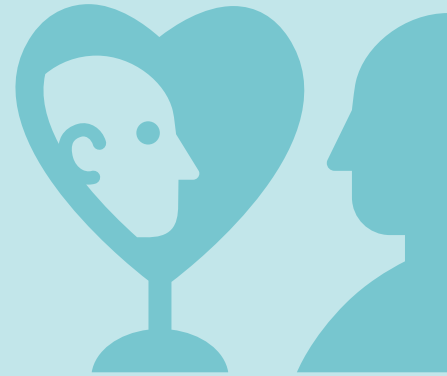# ispcc

Body Image

How to build a positive body image online

We need to dispel the stigma surrounding male body image as it can prevent boys from reaching out for help.

What can you do if you notice your child is struggling with body image in the social media environment?

➤ If they open up to you, **listen carefully** to how they say these photos and images make them feel.

➤ Talk to them about how to process content in more self-protective ways. **It is important that they are aware of the negative or critical thoughts** they experience when they use social media.

➤ Help your child to use **self-compassion** to reframe these critical thoughts and silence their 'inner critic'.

Teach them to look in the mirror and say:

1) *'My body is strong and powerful'*
2) *'My body deserves proper nourishment and rest'*
3) *'I am beautiful and unique, inside and out'*
4) *'I'm working on loving my body more every day'*

➤ Suggest they limit time spent online and curate a newsfeed that is helpful to their wellbeing. For example,

follow body-positive accounts and expand both the variety and type of content they look at.

➤ Encourage them to **be conscious in the decisions they make when they're on social media.** Avoiding appearance-focused content altogether isn't actually the solution because it's so pervasive.

➤ Advise them to **be selective in terms of the material they consume** on social media and to avoid or unfollow unhelpful content.

It is important to remember that boys, as well as girls, can be affected by body image concerns.

Social media has created a greater focus on male body image.

As parents, we need to **dispel the stigma surrounding male body image** because it can prevent boys from reaching out for help if, or when, they need it.