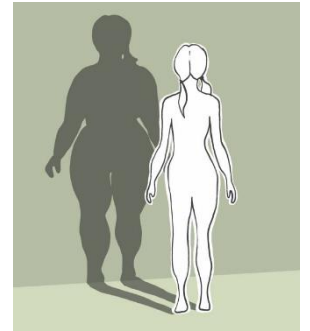


WOW



Working On Wellbeing

LET'S TALK ABOUT BODY IMAGE



What is Body Image?

Body Image is how we think and feel about ourselves and our physical appearance and how we believe others perceive us.

There are lots of different ways we can think about our bodies and the way we look. Sometimes you might find you like the way you look however other times you may struggle with your appearance.

What influences our body Image?

- The media-tv shows, films, magazines
- Social media
- Comments from friends/family about your body
- Clothes limited to fit certain body types
- Diet culture/health campaigns

If you feel that you are comparing your body with things you see every day, you are not alone. Lots of us are influenced by the things around us, which can impact our mental health.

Body image is not just about our weight, it can also be things like:

- comparing how you look with friends or people you follow on social media
- struggling to love and accept your body
- feeling as though your body shape is not represented in the media
- hiding your body because you feel ashamed by it
- struggling to find clothes for your body, particularly if you have a physical disability
- feeling misunderstood about your body when people make assumptions about things like why you might need a wheelchair
- feeling like you don't look 'good enough'
- birthmarks, surgery scars or acne affecting how you feel about how you look
- feeling as though your body does not match your gender.



Examples of Unhealthy vs Healthy Body Image

Unhealthy body Image-

Someone putting themselves down constantly, comparing themselves to other people, potentially excessive calorie counting or struggling to eat and exercising more than is recommended

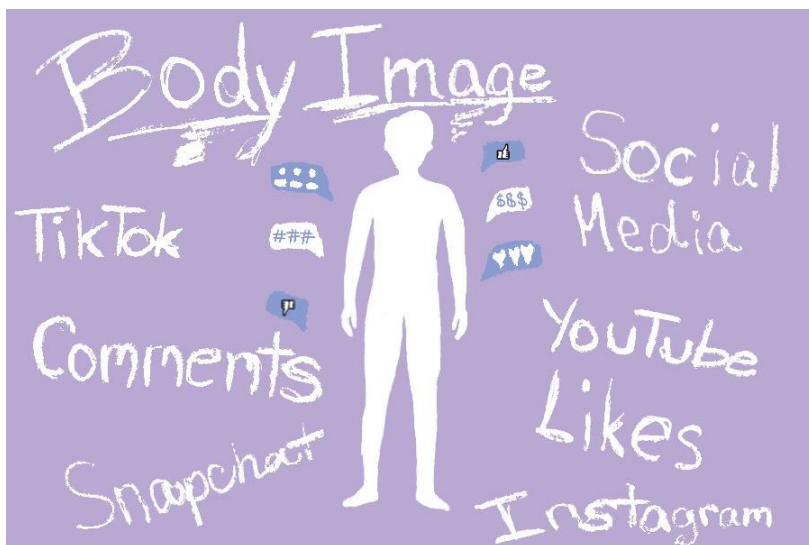
Healthy body image- Being content with how you look, accepting yourself for who you are, exercising because you like the positive effect on your mental health rather than purely for body goals, feeling confident in your own skin.

How can unhealthy body Image affect my mental health?

If you have these negative thoughts and feelings about how you look you might be struggling with your body image. You might find everyday tasks like eating, getting dressed or going out with friends are becoming more difficult.

These feelings can come at any point in our lives however are more likely during puberty. During puberty our bodies release hormones which make us more aware of how we look and how other people look. These feelings can make you feel out of control and anxious and can lead to feeling;

- Low in self esteem
- Depressed
- Anxious
- Lonely and isolated
- Obsessing over how you look
- Struggling to eat





What can I do if I am worried about the way I look?

- **Be Kind to yourself**-Try not to compare yourself to images you see online or in magazines. These images are often heavily edited and are not representative of 'real' people.
- **Notice how social media is affecting the way you feel about yourself**-There can be a lot of pressure online to have the 'perfect body' when we compare ourselves to others. Unfollow accounts that make you feel bad.
- **Focus on the good things**- Try to pick out the things you like about yourself- whether these are physical or non-physical things.
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- **Spend time with people who make you feel positive**-Try to write down nice things people say about you and not just about the way you look. Remember people like and value you for lots of reasons.
- **What would you say to a friend?**-Think about what advice you would give your friend if they told you they were struggling to like how they looked.
- **Talk to someone you trust**- This could be family, friends or someone outlined in the support services listed.

Getting support

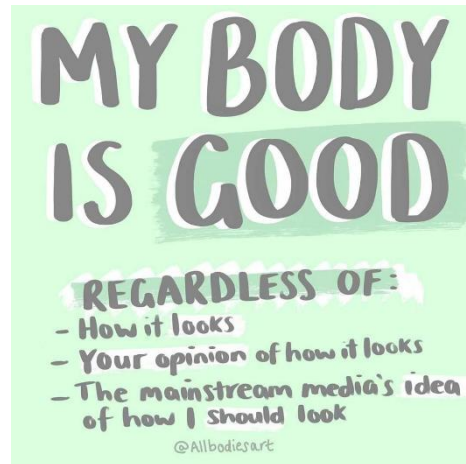
- **BEAT** -Offers information and support for anybody affected by eating disorders
<https://www.beateatingdisorders.org.uk/>
- **Childline**-Call 116 123
<https://www.childline.org.uk/>
- **SHOUT**- TEXT SHOUT to 85258
<https://giveusashout.org/>
- **PAPYRUS**-Text 88247 or Call 0800 068 4141
<https://www.papyrus-uk.org/>
- **School Nurse**-Cath Dyer our school nurse is in school every Wednesday AM. If you would like to talk to her please ask a member of SST to book you an appointment.
- **StudentSupportTeam (SST)**-SST are available to talk to any students on a 1-1 basis should you want some support.



Body Positivity!!

Body Positivity is a movement to accept all bodies no matter what type, shape or size. It promotes seeing different bodies on things like social media to encourage us to accept our body and the way we look. If you are struggling with your body image, body positivity can help you feel better about yourself. By thinking positively about how you look, you can feel more comfortable and confident.

Changing the way we think and feel about our body can take time and it can feel more difficult on some days compared to others. Accepting your body is a process.



Wellbeing news!!

During the month of June we have been celebrating pride month at The Hub. Tutor groups have been learning about why Pride is important and how we can support the LGBTQ+ community. Tutor groups have been working on Pride displays.. take a look at some of our students work...





If you or your child need support in school for anything please contact the below members of staff

Form Tutors (Anlaby):

- | | |
|-----------------------|-------------------|
| 7A-Mr Fredrick | 10A-Ms Oliveira |
| 7B-Mr Ward/Mr Belcher | 10B-Mrs Brittain |
| 8A-Miss Sykes | 10C-Mr Stanley |
| 8B-Mr Tranmer | 10D-Miss Hamlett |
| 8C-Mrs Ryan | 11A-Mr Branston |
| 9A-Mr Hagger | 11B- Mr Hall |
| 9B-Mr Price | 11C- Ms Macnamara |
| 9C-Mr O'Neil | |
| 9D-Miss Houghton | |

Student Support Team:

- Miss McNeil-KS3 Pastoral coordinator
- Miss Hales- KS4 Pastoral coordinator
- Mr Lawson-HLTA Behaviour & Engagement KS3
- Mr Matthews-HLTA Behaviour & Engagement KS4
- Miss Haywood-HLTA (Welton)
- Miss Bird- Emotional Wellbeing Lead (Anlaby)
- Mrs Rainforth- Emotional Wellbeing Lead (Welton)

Senior Leadership Team:

- Paul Grimes-Executive Headteacher
- Genevra Austin-Interim Headteacher
- Mr Rollo-Assistant Headteacher
- Miss Howard- Director of Learning (SEND)
- Mr Badman-Director of Learning (Welton)
- Mrs Asvadi-Director of Learning (Anlaby)

Form tutors (Welton);

- SS1-Miss Ashenden /Miss Davies
- SS2-Mr M Walker/Mrs Revell
- SS3-Mr Derrick/Mrs Stewart
- SS4-Miss Anderton/Mrs Gregory