

# Body Self-Image and Self-Esteem



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# Speech Overview

1. Introduction

2. Point 1: Accept Your Body

3. Point 2: Like Your Body

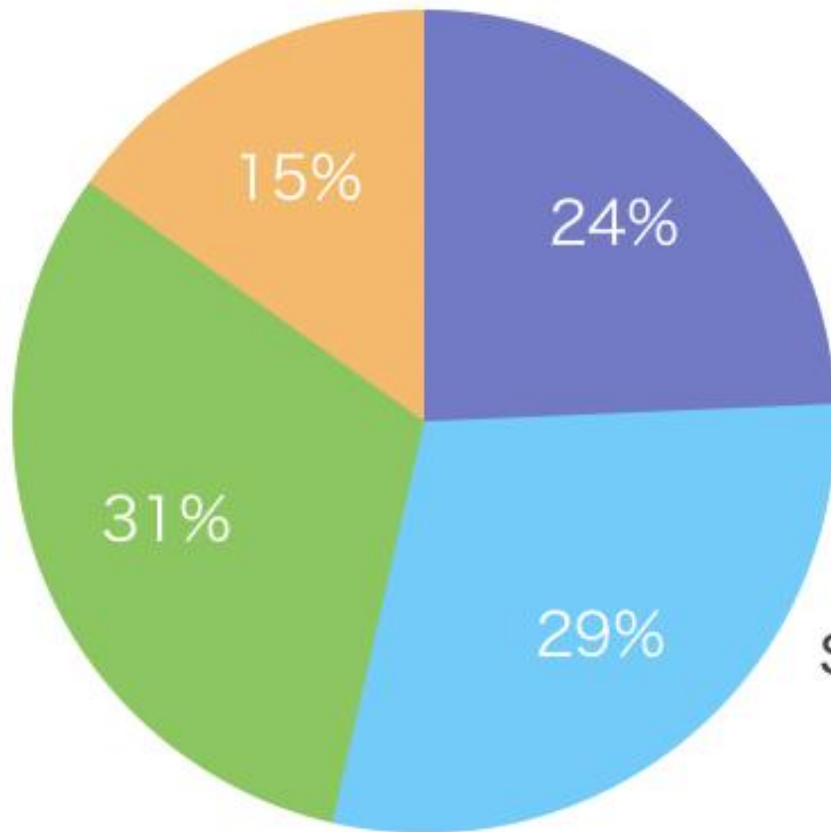
4. Point 3: Take Care of Your Body

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# Introduction

As a teenager, did you have some elders making uncomfortable comments on aspects of your body such as weight, body, hair, size of breasts, complexion, height etc?

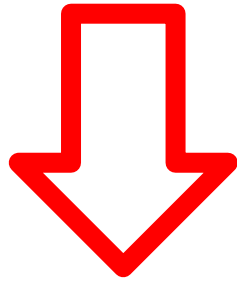


- Yes, a lot
- Not at all
- Yes, sometimes some people said things that made me conscious
- Not that I remember



# Introduction

to have a good body image



Don't need a perfect body



# Accept Your Body

Nobody's perfect



Be more of a friend with your body



# Accept Your Body

**Don't body-shame yourself**

When you make harsh comments about your own body, it hurts your self-esteem.



# Accept Your Body

Be kind. Respect yourself, even if you have things to work on.



# Accept Your Body

Build a better habit

Do you have a habit of putting your body down?





# Accept Your Body

To break that bad habit, build a good one in its place. Tell yourself what you like instead of what you don't. Keep doing it until it is a habit.



# Like your body

- Find things to like about your looks

hand, hair, face, eyes, smile...



# Like your body

If you get stuck, think of what your good friends like about how you look.



Let yourself feel good!



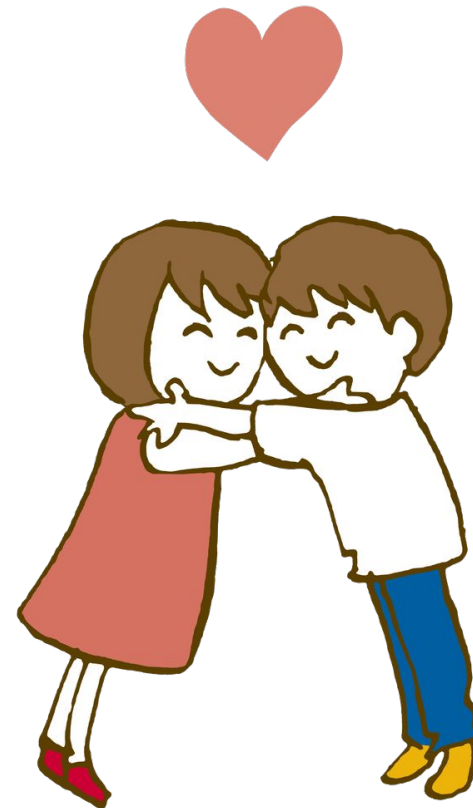
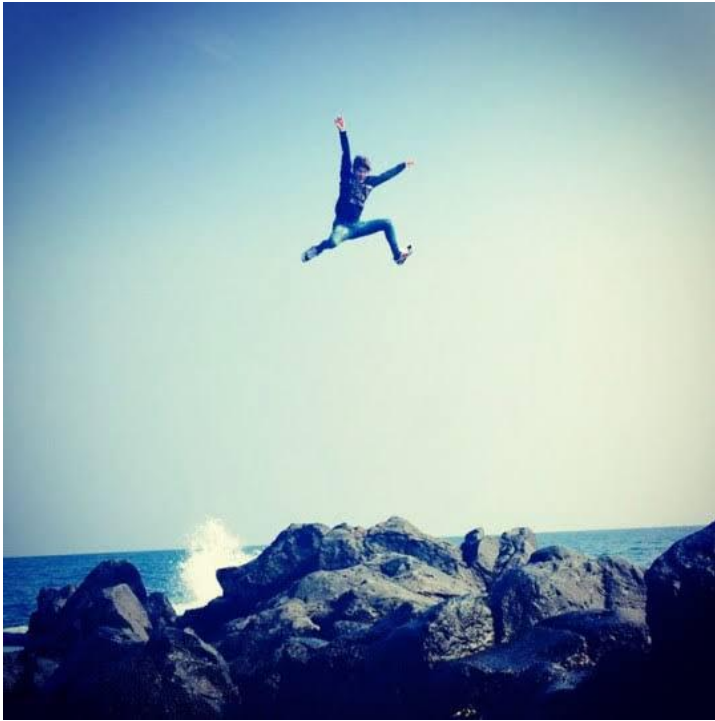
# Like your body

- Focus on what your body can DO



# Like your body

Your body is there for you !



# Like your body

- Be aware of your body



# Take Care of Your Body

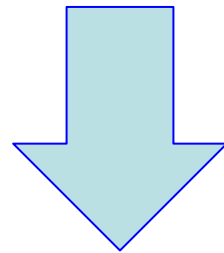
## Eat healthy foods

Learn what foods are good for you, and how much is the right amount.



# Take Care of Your Body

Eating right helps you look your best.  
It gives you the energy you need.



it boosts your body image.





# Take Care of Your Body

Get good sleep



Turn off screens  
hours before bedtime  
so you can sleep  
well.



# Take Care of Your Body

**Be active every day.**

run, walk, work out, do yoga, swim, or dance



# Take Care of Your Body

## Keep to a healthy weight

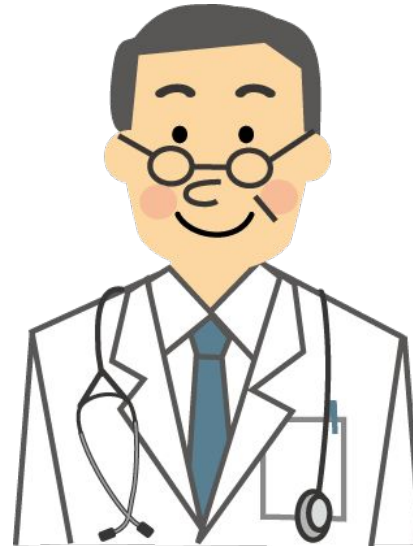
Being a healthy weight is good for you.  
And it helps you feel good about your body.



# Final Notes

## What If I Need Help With My Body Image and Self-Esteem?

Health issues  
depression  
trauma  
eating disorders



# Thank you for listening!



For English Discussion Practice (Hoskins)