

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

DITCH THE LABEL YOUR WORLD, PREJUDICE FREE

Provides lots of information, advice and young people's stories



Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Struggling with how you look?



All about body image

Body image is how we see, think and feel about ourselves physically. This can involve how we feel when we look in a mirror or at a picture of ourselves.

At times we can feel differently about our bodies. There may be parts of your body that you wish you could change which is a completely 'normal' feeling.

There is a lot of pressure placed on how people look because of things such as social media and gender.

People come in different shapes and sizes and all are okay. There is no 'right' way to look.

Having negative feelings about the way you look can affect your mental health. It is very common during puberty to struggle with your body image. It can lead to:

- feeling sad/down
- feeling worried
- developing eating problems
- being obsessed with how you look
- low self-esteem/low confidence

What can I do to help myself?

It can take time to change how you feel about your body. You may not learn to love your body but you can try to learn to accept it.

Try some of these:

- spend time with people who make you feel happy
 - focus on what you do like about yourself
 - be kind to yourself
 - wear clothes that are comfortable and make you feel good
 - talk to someone you trust
- Remember images online may have been edited!

What if I am constantly worrying?

If you are focussing on parts of your body you don't like all of the time or, it is starting to cause you to eat differently, it may be time to get help and speak to someone.

Body dysmorphic disorder is related to body image where you obsessively worry and can develop compulsive behaviours related to how you look. There is lots of help and support available to you and a trusted adult can help you access this.

What other support is there?

Remember you are not alone. There is lots of support out there and people can help get things better for you again.

kooth

On Kooth you can



Chat to our friendly counselors



Read articles written by young people



Get support from the Kooth community



Write in a daily journal

Helpline, web chat, email support

Text mermaids to 85258

Lots of support and advice

childline

ONLINE, ON THE PHONE, ANYTIME

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Your Organization

Childline are here to talk to you
24/7

Chat online

Call free