



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 guestions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

> The Fen Rivers Academy Kilhams Way King's Lynn Norfolk PE**30** 2HU

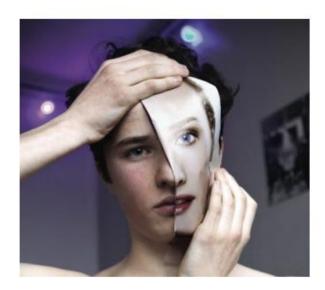
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Part of the Catch22 Multi Academies Trust



## 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





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



## childline

ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111

Childline are here to talk to you 24/7

Chat online

Call free