

## What does body image mean?

Body image is a term used to describe how we think and feel about our bodies — whether those feelings are positive, negative, or a mix of both. It can relate to aspects such as body size and shape, height, skin colour, overall appearance, and any physical disabilities or differences.

It is normal for children and young people to compare themselves to others, especially as they get older. However, there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves.

Some of the signs to look out for include:

### Emotional effects

- Low self-esteem and lack of confidence
- Anxiety or depression
- Feeling ashamed, embarrassed, or “not good enough”
- Constant comparison with others

### Social effects

- Avoiding social situations (e.g., swimming, sports, parties)
- Withdrawal from friends or activities they once enjoyed
- Being more vulnerable to bullying — or being deeply affected by it

### Behavioural and physical effects

- Unhealthy dieting or extreme exercise
- Disordered eating or eating disorders
- Wearing certain clothes to hide their body
- Frequently checking mirrors — or avoiding them completely



### DID YOU KNOW?



In the UK, **52%** of children aged 11–16 worry about their appearance, with body image issues affecting children as young as 3–6 years old. Nearly 1 in 3 teenagers (**31%**) feel ashamed of their body image.

Source: Mental Health Foundation

## Supporting young people experiencing poor body image

childline

ONLINE, ON THE PHONE, ANYTIME



Parent  
Talk

YOUNGMINDS

be body



positive

NHS

# Eating Disorders

An eating disorder is a mental health condition where a person has unhealthy thoughts, emotions, and behaviours related to food, eating, body weight, or body shape. These patterns can affect someone's physical health, emotional wellbeing, and daily life.

Eating disorders often involve:

- Extreme restriction of food, overeating, or cycles of both
- Intense worry about body weight or shape
- Feeling out of control around food
- Using harmful behaviors (like vomiting, excessive exercise, or laxatives) to try to control weight

Common types

Some well-known eating disorders include:

- Anorexia nervosa – severe restriction of food and an intense fear of gaining weight
- Bulimia nervosa – cycles of binge eating followed by purging (vomiting, laxatives, extreme exercise)
- Binge-eating disorder – frequent episodes of eating large amounts of food with a feeling of loss of control



## Eating Disorders support

Many individuals are currently facing the challenge of eating disorders, often made more difficult by social pressures. Eating around others can trigger feelings of judgment or anxiety, while social media can reinforce unrealistic standards and comparisons. These influences can affect a person's relationship with food, highlighting the need for greater understanding and support. If you're concerned about eating disorders or are supporting a loved one who might be experiencing one, it's important to seek professional help and offer compassionate, non-judgmental support. There are a number of organisations that can provide advice and support, but it's important to speak to a GP in the first instance.

### KEY DATES

- Volunteers' Week - 1<sup>st</sup> - 7<sup>th</sup> June
- Great Big Green Week - 6<sup>th</sup> - 14<sup>th</sup> June
- Bike Week - 9<sup>th</sup> - 15<sup>th</sup> June
- Learning Disability Week - 15<sup>th</sup> - 21<sup>st</sup> June
- National Clean Air Day - 19<sup>th</sup> June

Click the logos to find out more!



Advice for parents

**Beat**  
Eating disorders



**YOUNG MINDS**



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people



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# South Leicestershire Community Board

☀️ Anti-Social Behaviour (ASB) Awareness Week,  
29 June – 4 July

Summer is a time for young people to relax, spend time with friends, and enjoy being outdoors and we absolutely want them to make the most of it. Alongside this, we're encouraging families to have a quick conversation at home about the importance of being respectful, considerate, and mindful of others in the local community.

If you or your family experience anti-social behaviour, there is support available:

Oadby & Wigston Borough Council

☎️ 0116 2888 961

🌐 [Report online](#)

Leicestershire Police

☎️ 101 (non-emergency)

🌐 [Report online](#)



The Cube have free summer events for young people aged 11-16, on Tuesday afternoons (21<sup>st</sup>, 28<sup>th</sup> July, 4<sup>th</sup> 11<sup>th</sup> and 18<sup>th</sup> August) 1-4 pm.

There will be activities such as crafts, water games and cooking. To find out more, email [youthwork@thecubeyouth.uk](mailto:youthwork@thecubeyouth.uk)

**Healthy Together** Leicestershire Partnership NHS Trust

## Did you know...

The school nursing service is available during every school holiday to support you and your child?

### How to get in touch

**ChatHealth**

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

**07520 615 382**

Available Monday to Friday 9am - 5pm, excluding bank holidays

**Healthy Together Helpline**

Leicestershire Partnership NHS Trust runs the Healthy Together Helpline for parents and carers in Leicestershire and Rutland. The Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting.

**0300 300 3001**

Calls are answered from 9am - 4.30pm on weekdays, excluding bank holidays.

**Active Blaby**  
Supporting you across Blaby, Oadby & Wigston

## TAI-CHI

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**THURSDAYS 2PM - 3PM**  
No previous experience necessary

[www.activeblaby.org.uk](http://www.activeblaby.org.uk)  
0116 272 7703 info@activeblaby.org.uk

**LET'S GET MOVING**

**teen health**  
11-19 service



**Active Blaby**  
Supporting you across Blaby, Oadby & Wigston

## LADIES SOFTBALL CRICKET

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Beauchamp College  
Ridgeway  
Oadby  
LE2 5TP

**THURSDAYS 6PM - 7PM**  
No previous experience necessary

[www.activeblaby.org.uk](http://www.activeblaby.org.uk)  
0116 272 7703 info@activeblaby.org.uk

**LET'S GET MOVING**

## Starting secondary school soon?

The Moving On Up! guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition. Download the booklet [here!](#)

