



St Jude's Online Safety Newsflash



Body Image and Social Media - top tips for our children

The role of social media in contributing to negative body image for our young people is in the spotlight currently. Here are some top tips to help keep a balanced perspective and a positive outlook:

- ✓ Think about how media and social media makes you feel. It's ok to stop following someone (or take a break from social media) if you're finding it makes you upset or unhappy.
- ✓ Try and stay aware of how you feel when you are reading magazines or looking at adverts. Are you making comparisons?
- ✓ Make a list of your achievements and everything you like about yourself (not just about how you look!).
- ✓ Most of us remember insults and reject compliments. Next time someone pays you a compliment, say thank you and try to remember it.
- ✓ Recognise when you are being negative about yourself and putting yourself down. It's easy to get caught up in insulting yourself.

