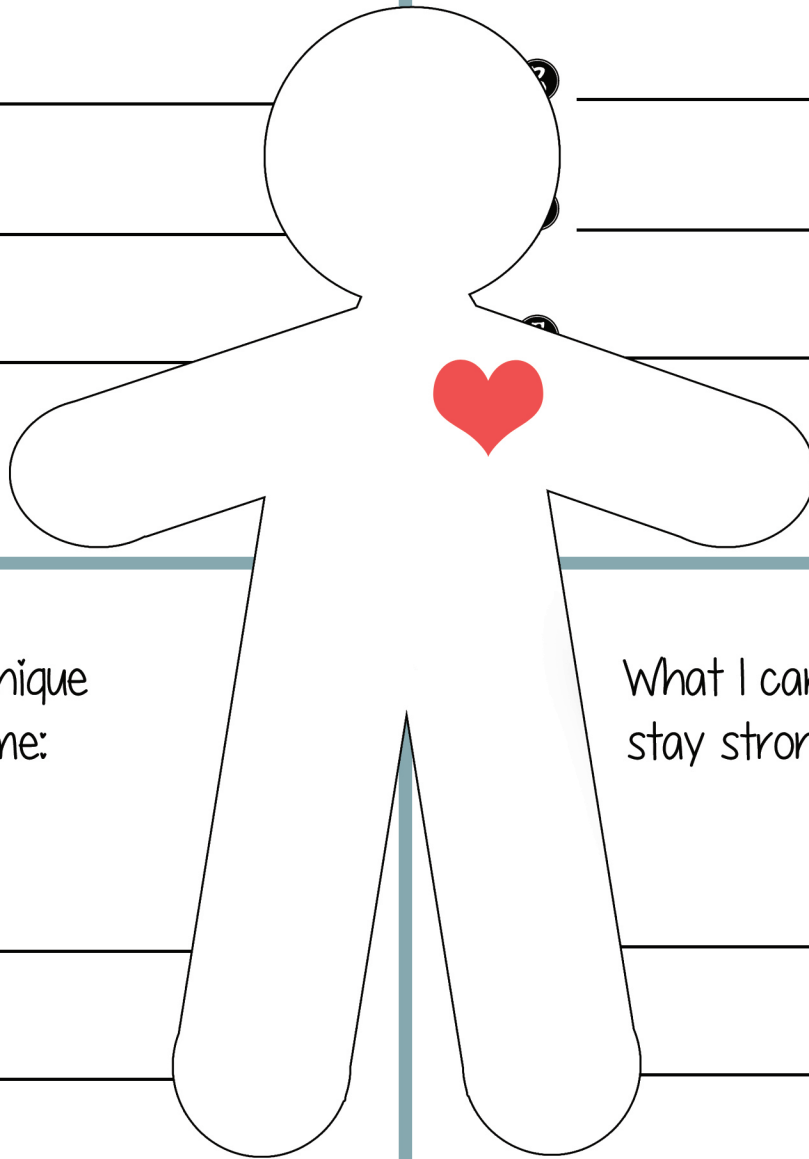


What my body does for me:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What I love about my body:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



What's unique about me:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What I can do to help it stay strong and healthy:

- 3 _____
- 4 _____
- 5 _____

Adult-Kid Communicator

1. Kid asks: What kind of education about body image did you have when you were in school? Or what kind of information did you have from your family? How did you respond to that information?
2. Adult asks: What kind of things are you learning about body image from school these days? Do you think the information you learned is different from what I learned at that time? If yes, what are the differences?
3. Kid asks: Do you remember anything about going through puberty? What was difficult? How did you handle it?
4. Adult asks: How are you handling puberty? Are you feeling the same things I mentioned?