



CONTENTS



Chapter 1: What is body image? 1

Is this book for you? We think there is important information for *all* boys in *Being You*. Chapter 1 offers a definition of body image, explains why it's good to care about your body image, and presents the organization of this book.



Chapter 2: Become body confident 13

Chapter 2 focuses on reasons to love your body and take good care of it, and provides some techniques you may adopt to increase your positive feelings about your body.

Chapter 3: What the heck is going on? 34

This chapter addresses the changes you experience during puberty and examines how they can influence how you feel about your body.



Chapter 4: Your image 55

Chapter 4 explores a variety of factors that contribute to your body image and understanding of yourself, including the media and appearance enhancement through clothing choice, cosmetics, and even surgery.

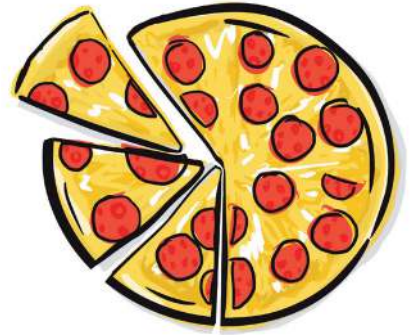


Chapter 5: Make your body work for you 79

Physical activity is important for your health and body image. Chapter 5 presents health-related reasons to be active, examines links between body image and physical activity, provides strategies for maintaining physical activity, and discusses the importance of rest and limiting screen time.

Chapter 6: Fuel your body 105

Because what you eat will impact your body, it's important to understand what scientists know about how to eat healthily. This chapter will help you understand the basics of nutritional science.



Chapter 7: Forget food fads 133

Food fads—such as removing certain food groups from your diet—are bad for our body image and are physically and psychologically unhealthy. This chapter focuses on reasons to avoid these fads and focus on habits that are good for you for the long haul.



Chapter 8: Love to eat 158

It's so important to enjoy food! This chapter addresses the ways a healthy diet nourishes you physically and psychologically, and can include celebrations and comfort food. It also examines eating disorders and the links between eating habits and mental health.



Chapter 9: Building the best you 186

This chapter provides strategies for taking care of your mental and physical health. Everyone can use extra support at one time or another.



Chapter 10: Make a difference 210

Developing a positive body image is so important for your own well-being and for the positive change you can contribute to the world around you.

Ask the Experts 230
 Acknowledgments 232
 Glossary 235
 Index 247