

Positive Self Image



Lots of different changes can happen during puberty.

Your child will have changes to their:

- body
- appearance
- emotions
- friends

This is normal.

Sometimes children can feel confused by all these changes.

They might feel:

- uncomfortable about how they look
- unsure about who their friends are
- pressure to 'fit in' with other children



- worried about what other people think

It is important to give your child good messages about who they are and how they look.

This will help them to have a positive self-image.

Positive self-image is about feeling good about yourself.

What is on this page?

This page has information on how to support your child to have a positive self-image.

It has easy read information on:

- why it is important to support your child with positive self-image
- things you can try to help your child feel good about themselves





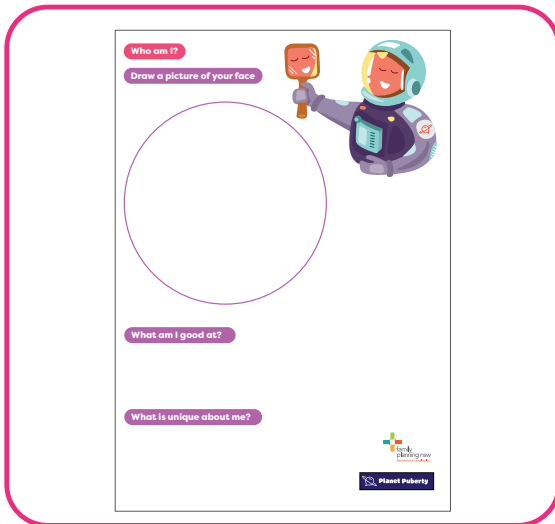
Why is it important to support positive self-image?

Helping your child to have a positive self-image can:

- build their confidence
- help them feel OK even when things are hard
- help keep them safe from bullying and abuse

Things you can try

You can try different things to help your child have a positive self-image.



Worksheets and art activities

You can use the 'Who am I' worksheet from Planet Puberty to help your child build a positive self-image.

Use the worksheet to write a list of things like:

- what your child likes
- what your child is good at
- what is special or unique about your child

You can also ask your child to think about these things.

You can use pictures to answer the questions.



You could use:

- pictures from magazines
- photographs
- pictures on google
- drawings

You could also use paper to draw an outline of your child.

Your child can then glue or draw pictures of things that they like or things they are good at.

Write your child's name at the top of the picture and put it somewhere they can see.

Your child can add pictures or drawings as they grow and find new things they like.



Talk about different bodies

It is important to talk to your child about different bodies.

Everyone's body is different.

This is a good thing.

The world would be boring if we all looked the same!

It is also be good to talk about the good things that different types of bodies can do.

For example:

- taller people can reach things up high
- shorter people can feel more comfortable in small places like a plane seat

Ask your child what their body can do!

Focus on your child as a whole person

It is good to praise your child for what they are good at and not just how they look.

This could be things like:

- how they help other people
- telling good jokes
- being clean and tidy
- doing their schoolwork

You can also give praise about what their body can do like:

- being a good swimmer
- running fast
- being good at drawing
- being a good singer





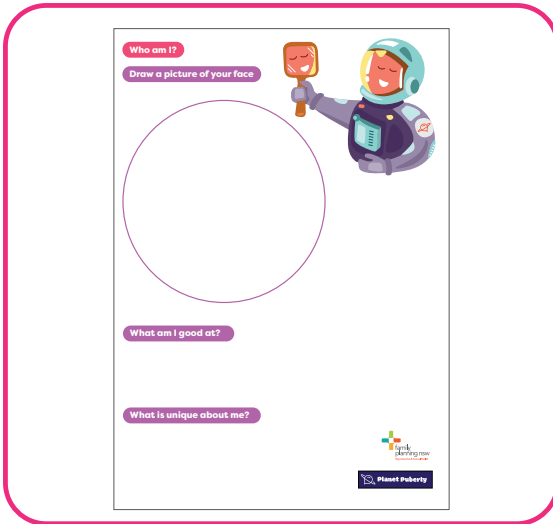
Model positive self-image

Parents and carers have an important part to play in their child's self-image.

It is important to show your child what good self-image looks like.

You can do this by:

- talking about the parts of your body that you like
- talking about the amazing things that your body can do
- not talking about people's bodies and how they look
- making healthy eating and exercise a part of your family's life



Resources for you to use

Creating a positive self-image worksheet

Planet Puberty

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Creating-a-positive-self-F.pdf>



Autism: Parent guide to therapies

Raising Children Network

<https://raisingchildren.net.au/autism/therapies-guide>



What to read next:

- [Identifying and communicating how I feel](#)
- [Managing adolescent mood swings](#)
- [Emotional changes - normal](#)

For more information go to the
Planet Puberty website

www.planetpuberty.org.au