



BODY IMAGE / SOCIAL NORMS

If you could change one thing about your appearance, what would it be?

**Why do you think kids put rings in their eyebrows, noses, and belly buttons?
How about tattoos?**

Do you think you would ever want to do that? Why or why not?

If you could change one thing about your appearance, what would it be?

If you had to choose only three words to describe yourself, what would you say?

**What matters most, attractiveness or being strong, smart, brave, responsible,
caring, etc.?**

Who decides whether someone is pretty or attractive?

**How do you think the bodies of models and actors on TV compared to ordinary
people's bodies? How does it make you feel to watch them?**

**What do you think of the way girls and guys in middle and high school dress
these days?**

Is someone pretty who acts ugly?

Is someone pretty who is in rags but acts bravely and with caring?

**What are the most important qualities you would want in a boyfriend or
girlfriend?**

What's the hardest thing about being a girl?

What's the hardest thing about being a boy?

**Have you ever met someone who felt they had been born into the wrong body?
For instance, a girl who thought she should have been born into a boy's body?
What do you think about that?**

**What do you think about kids choosing to live as a different gender than they
were born as?**

**Do you know anyone with an eating disorder? Why do you think kids develop
eating disorders? Why do you think there's such an emphasis on thinness in our
society?**

What did you do today to take care of your body?

**Can you name three things that you really like about yourself that have nothing
to do with what you look like?**



Adults should use their best judgment when engaging with the questions on the page. Some questions may cover mature or sensitive topics, and adults must ensure that their children are emotionally and mentally prepared to handle them. Additionally, efforts are made to ensure that the content is informative and up-to-date; there may be inaccuracies or omissions that could impact a child's understanding of a topic. The adult needs to review the question and subject matter and discuss any information with the child to ensure they have a comprehensive knowledge of the subject matter.