

BODY

FONDATION
JEUNES
EN TÊTE



IMAGE



BE ACTIVE, YOUR WAY

DON'T SET YOURSELF ANY LIMITS

Do all the activities
that you enjoy and
that get you moving,
just for fun.

TAKE CARE OF YOUR BODY

Treat it with kindness,
by connecting with
your physical sensations
through mindfulness
or sport.

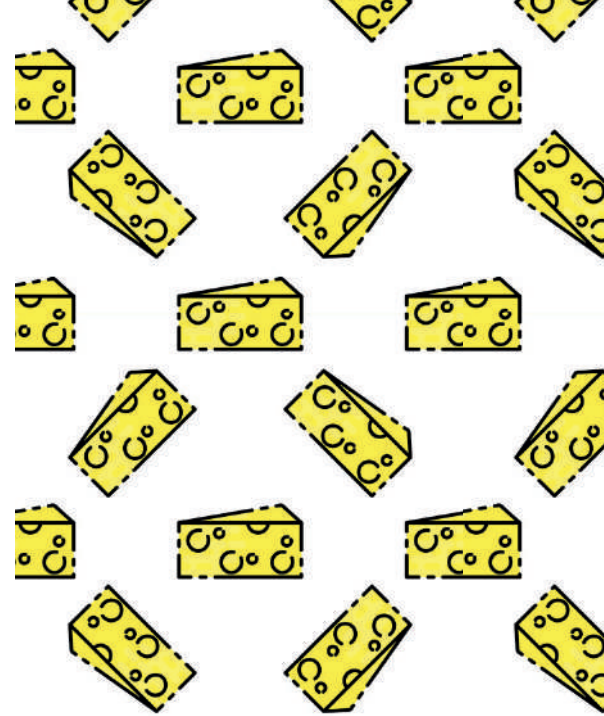
© Fondation Jeunes en Tête and Marie-Michèle Ricard, psychoeducator,
psychotherapist and professor in the Department of Psychology at the Cégep de l'Outaouais.



FIND JOY IN COOKING



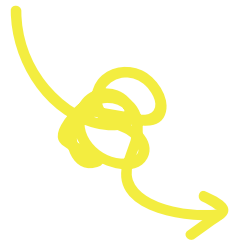
Give cooking a try to share fun times with your family and friends.



By learning to prepare your own meals, you can:



discover new flavours, smells and textures.



try **intuitive eating** (eating what you want when you're hungry, while still being able to know when to stop).



Find out about **the risks**:

- of going on a diet to lose weight
- of controlling your weight without medical monitoring.

You are growing and there could be several risks.



BECOME YOUR OWN BIGGEST ADVOCATE



Step 1

Reflect on the parts of your body that you like and concentrate on them, instead of your flaws and the parts that you don't like as much.

Step 2

In high school, more than half of all people are dissatisfied with their appearance: 46% of girls want a slimmer figure and 27% of boys want a stronger one. *Remind yourself that you're not alone!*

Step 3

Wear clothes that represent your personality and that you feel good in. *You can donate clothes that don't fit you anymore!*

Step 4

Become a **body diversity** advocate and get involved by signing the Charte québécoise pour une image corporelle saine et diversifiée: <http://www.scf.gouv.qc.ca/egalite/chic/>