



Toolkit for Parenting Teenagers
Conversation Starter #8: Body Image

- 1) Who decides whether someone is pretty or attractive? Do you agree with this standard?
- 2) What are three things you like about yourself that isn't a part of your looks?
- 3) How do you feel about society's portrayal of beauty on the movies and television shows you watch? Does this ever make you want to change your appearance?
- 4) Do you ever feel pressure from your family to look a certain way?
- 5) In what ways do I encourage my teen to maintain a positive body image?
- 6) What are my beliefs about beauty?