An illustration of two women from the waist up. The woman on the left has dark hair and is wearing a light-colored lace top and light blue pants. The woman on the right has blonde hair and is wearing a dark floral patterned top and green pants. They are both smiling and holding a large orange sign in front of them. The sign has the text 'LIKE YOUR BODY' in large, bold, sans-serif letters. 'LIKE' and 'YOUR' are in dark grey, and 'BODY' is in white.

**LIKE
YOUR
BODY**

outside in

inside out



Young women check this out ...

WHAT IS 'LIKE YOUR BODY' ALL ABOUT?

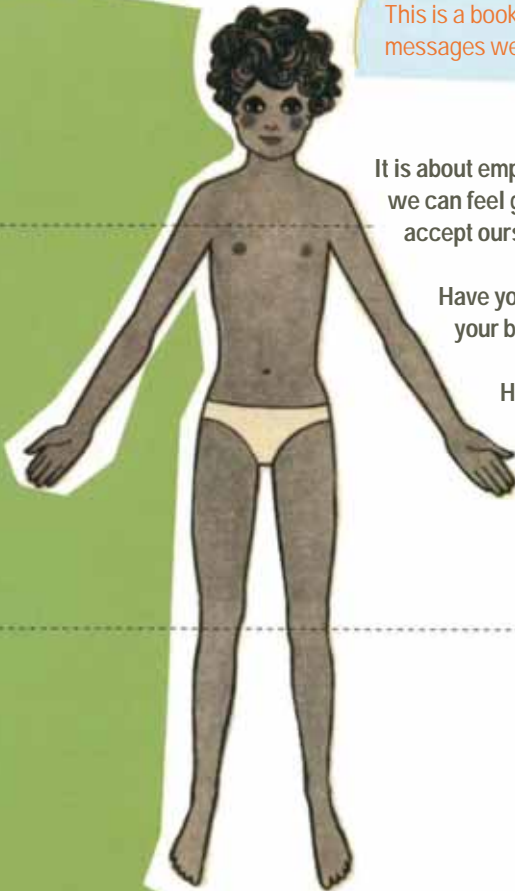
This is a book for young women about the messages we are given about our bodies.

It is about empowering young women so we can feel good about our bodies and accept ourselves and others.

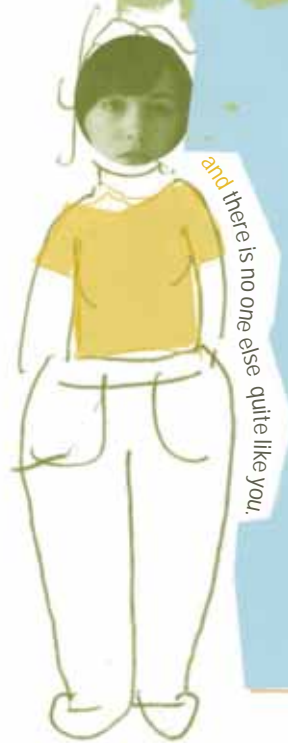
Have you ever felt uncomfortable with your body?

Have you ever been hassled by others about how you look?

Read on ...



WE'RE ALL DIFFERENT...



in what we like and don't like, our values, our cultures and our backgrounds.

- Ideas of beauty are different across different cultures and different periods in time.
- What is seen as beautiful changes like fashion – this makes it hard to keep up with.
- We need to create our own idea of beauty from within.
- We all have different shapes and sizes.



PRESSURE



Does reading magazines or watching TV, videos and movies sometimes make you feel you should become someone you're not?

Women are constantly presented with unrealistic images to aim for.

The media gives us messages and images about:

- what we should look like
- what we should wear
- where we should buy things
- what is attractive.

Think about your ideas of beauty and what is attractive – how much has the media influenced this?

The ideals presented by the media are out of reach and unrealistic.

Why should women have to go to extreme lengths to reach these ideals and to please who?



Did you know?

The media uses a lot of high-tech equipment to touch-up images of models, one example is airbrushing and this is done to almost all the images you will see. They also use images of different parts of the body, from many different models, to create their idea of a perfect woman.

Barbie dolls and mannequins are so thin that if they were real women they would be so unhealthy they couldn't menstruate! These are not even real women we are trying to be like!

REMEMBER... NOBODY'S PERFECT

It's not just pressure from the media – the attitudes of friends, family and schoolmates can also make us feel we're not good enough.

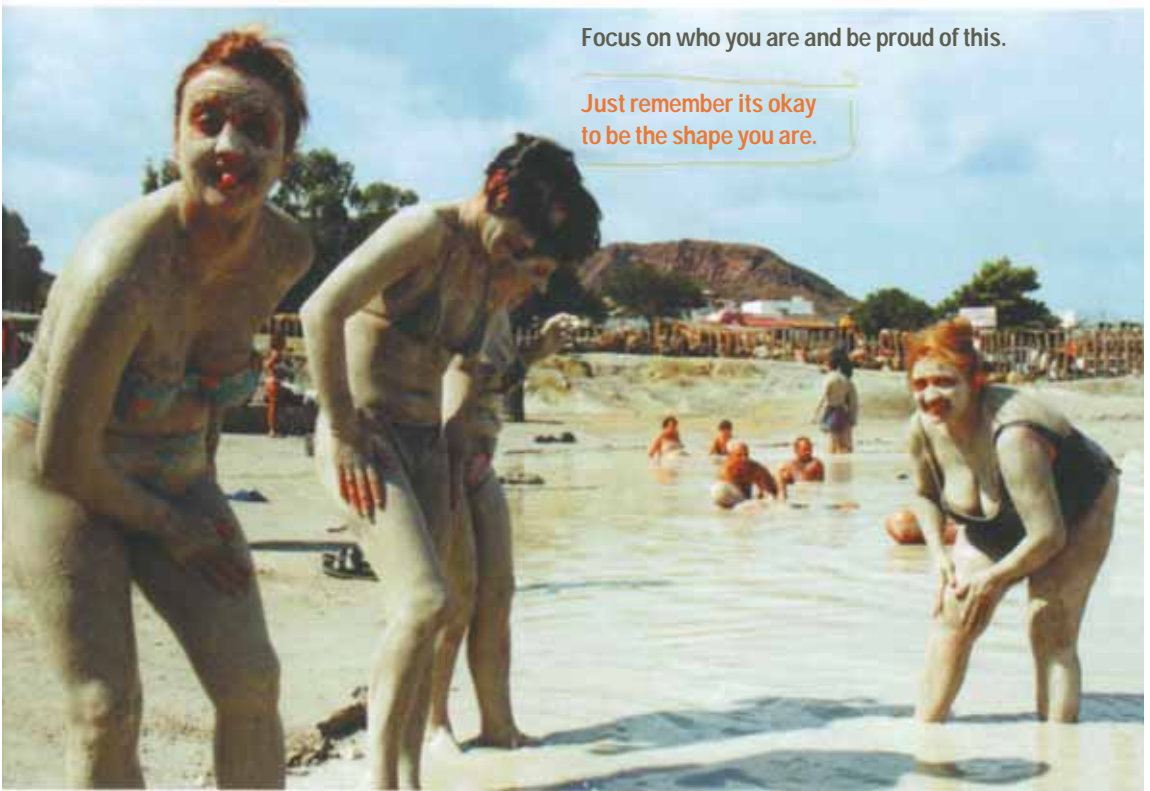
Don't listen to comments about the way you look.

Worrying about what others think often stops us from being ourselves and from liking who we are.

People who make others feel bad often do so because they are unhappy with themselves.

Focus on who you are and be proud of this.

Just remember its okay
to be the shape you are.



HAVE YOU EVER FELT PRESSURE TO GO ON A...

Almost all women feel this pressure at some point in their lives.

It can be easy to get caught up in this and feel that we need to change ourselves.

But diets don't work.

The more you diet, the harder it is to lose weight because dieting actually decreases the rate at which your body uses energy.

Often dieting will make you gain weight, not lose it.

Short-term weight loss is largely due to water and muscle tissue loss. Losing muscle tissue means that you will have less energy to be active.



Dieting can lead to 'binging' – or what feels like uncontrollable eating.

The selling of diet foods is big business-organisations make money off making you unhealthy.

Sometimes dieting can lead to serious eating disorders like anorexia and bulimia.


If you are worried about your eating behaviour or a friend's, it is important that you get help for yourself or your friend.



There is information in the back of this book about where to go for help.



NATURAL EATING




Our bodies have built-in natural weight mechanisms, which we experience as a physical sensation of hunger and fullness.

Your body is genetically programmed to maintain a certain weight.

There are other things like age, life events, menstrual cycle health and our environment, both physical and cultural that can also determine our weight.

It's different for everyone.

Acknowledging when your body is hungry and feeding it food provides necessary fuel to sustain your energy levels.



With natural eating and a healthy lifestyle you can achieve anything.

Dieting fails, you don't!



FIGHTING FIT



choose the exercise that suits you and make sure you have fun.

Often the pressures from the media, friends and classmates can drive women to over exercising which can be just as harmful to health and well-being as dieting.

But fitness can be a very positive thing if it is done in a healthy way.

- Being physically strong and fit can be empowering for women and make them more free.
- Fitness can do great things for your health and happiness.

It is important to be exercising for health and well-being not for image.

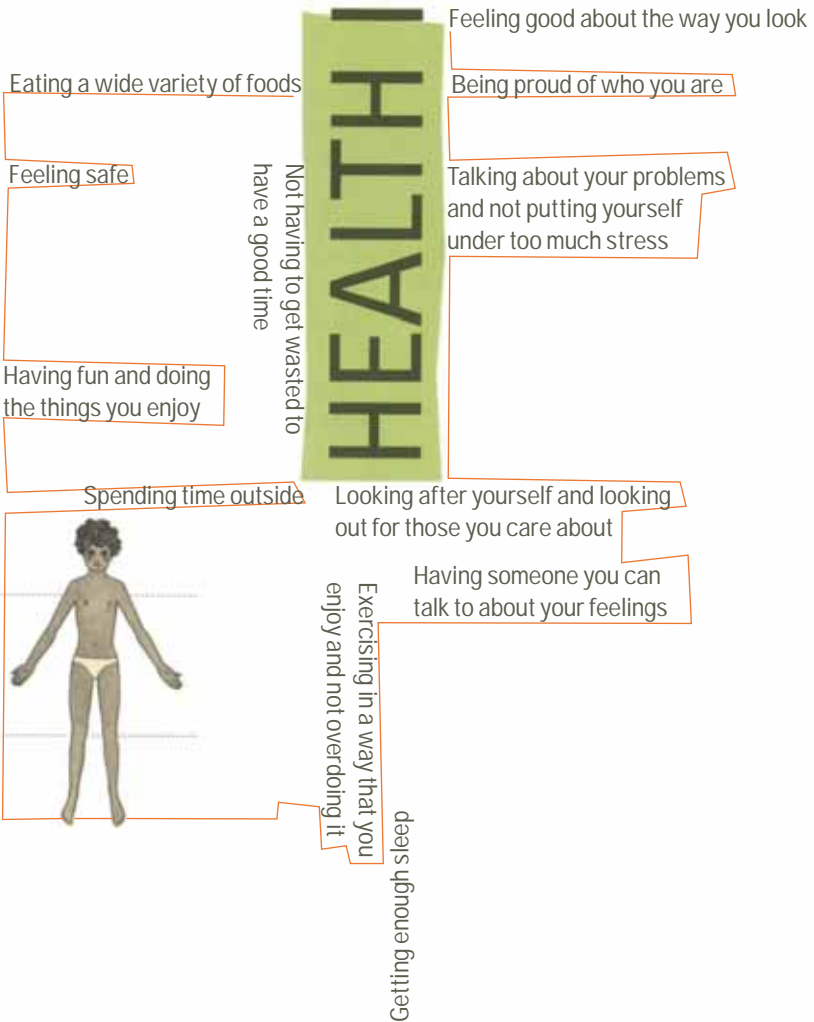
You could ...

- join a yoga or pilates class
- go on a tramp with some friends
- try out a kickboxing class

HEALTH – WHAT IS IT?

Not just physical – your emotional, spiritual, social and mental health are also vital.

HEALTH IS:



THERE IS NO SIMPLE ANSWER

When we are feeling stressed it can be hard to keep ourselves balanced and happy. Think about what's at the bottom of it all.

Talk to your friends, family or someone older that you trust.

Be easy on yourself!

No one can be happy all the time. But there is always someone who can help.

We have mental, emotional, spiritual and social selves that all require attention.

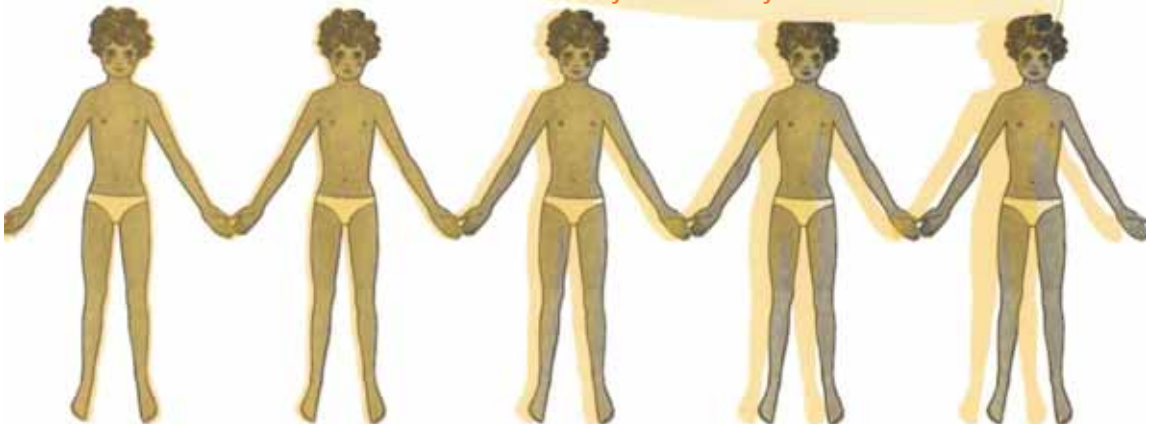
When we are thinking about our bodies all the time these important other parts get neglected.

Sometimes we eat or starve ourselves to try and cope with emotions or to forget other things in our lives, which need to be sorted out.

Things like: how you feel about yourself as a person; your relationship with your family; sexual harassment; peer pressure and how much control you feel you have in your own life.

Dieting and not eating well will not solve these problems.

It is important to learn to recognise what causes your stress so you can find positive ways to deal with your emotions.



BEING BEAUTIFUL

OUTSIDE – IN INSIDE – OUT

We all want to be loved, wanted and happy – but this does not come by striving for your perceived ideal shape and size or someone else's.

THERE IS NO IDEAL SHAPE OR SIZE.

This book is about learning to accept yourself and who you are.

Being successful comes from within.

Learn to look at different shapes and sizes in a new light.

There are many types of beautiful!



WHAT CAN YOU DO?

Get active – and not in that crazy over-exercising kind of way!

- Review your own attitudes and values – don't accept messages that say you are a better person if you are thinner.
- Don't get sucked into the images that surround us in the media – recognise how unreal these images are.
- Challenge talk about losing weight or changing shape.
- Teach yourself and others to respect people of every size and shape.
- Give your friends positive feedback on who they are.
- Get these issues out in the open; raise it as a discussion in a health class, speak at an assembly, write letters to the editor.
- Join a feminist group – remember the 'F' word is not a swear word!
- Celebrate International No Diet Day on May 6 every year.
- Educate yourself – there are some great books and websites to inspire us (see the contacts list and booklist at the back).
- Use the stickers provided in this booklet – put the 'degrading to women' sticker on degrading advertisements and print your t-shirts with similar slogans.

Getting active is the best way to take a stand for yourself and others.

Shape has nothing to do with beauty, love yourself and your friends for who you are, not shape or size.

Remember ... you are a beautiful, special woman.



WHERE TO GO FOR HELP

Youthline

0800 376 633

Free text: 234

talk@youthline.co.nz

www.youthline.co.nz

Central Region Eating Disorder Services (CREDS)

(04) 461 6528

Hutt Valley District Health Board

Private Bag 31 907

High Street

Lower Hutt

creds@huttvalleydhb.org.nz

www.eatingdisorders.org.nz

Auckland Eating Disorder Services

(09) 623 4650

Level 2, Building 14

Greenlane Clinical Centre

Greenlane Hospital

Auckland

Eating Disorders Association of NZ

(09) 522 2679

PO Box 37-943

Parnell

Auckland

info@ed.org.nz

www.ed.org.nz

Auckland Women's Centre

(09) 376 3227

4 Warnock Street

Grey Lynn

Auckland

info@womensz.org.nz

www.awc.org.nz

South Island Eating Disorders Service

(03) 337 7707

The Princess Margaret Hospital

Cashmere Road

Christchurch

eds@cdhb.govt.nz

Eating Awareness Team

(03) 366 7725

Caretaker's Cottage

325 Montreal Street

Christchurch

eat@chch.planet.org.nz

Eating Difficulties Education Network (EDEN)

(09) 378 9039

1 Garnet Road, Westmere

Auckland

info@eden.org.nz

www.eden.org.nz

Kapiti Women's Centre

(04) 902 6222

7 Ngahina Street

Paraparaumu

contact@kapitiwomenscentre.org.nz

www.kapitiwomenscentre.org.nz

Palmerston North Women's Health Collective (Inc)

(06) 357 0314

53 Waldegrave Street

Palmerston North

pnwhc@xtra.co.nz

Evolve Wellington Youth Services

(04) 801 9150

5 Eva Street

Wellington

evolve@evolveyouth.org.nz

www.evolveyouth.org.nz

WHERE TO GO FOR HELP continued

Manukau Youth Centre Auckland

(09) 263 7340
28 Lambie Drive
Manukau
Auckland
myc@xtra.co.nz

Youth Services Trust

(06) 348 9935
31 Taupo Quay
Wanganui
admin@yst.org.nz
www.yst.org.nz

Directions Youth Health Centre

(06) 870 8449
405 St Aubyn Street East
Hastings
Hawkes Bay
directions.yhc@xtra.co.nz
www.directions.org.nz

VIBE: Youth Valley Health Service

(04) 566 0525
4 Daly Street, Lower Hutt
(04) 528 6261
2 Sinclair Street, Upper Hutt
www.vibe.org.nz

Kapiti Youth Support

(04) 905 9597
15 Tutanekai Street
Paraparaumu
kys@kys.org.nz
www.kapitihealth.org.nz/?Support_
Organisations:Youth

198 Youth Health

(03) 379 4800
198 Hereford Street
Christchurch
www.cyberplace.org.nz/community/198.
html

Otago Youth Wellness Trust

(03) 474 9547
Phoenix House
45 Queens Gardens
Dunedin
administrator@oywt.org.nz

Taranaki Young Peoples Trust

0800 002 288
98 Liardet St
New Plymouth
inquiries@youngpeoplestrust.org.nz





Looking Queer: Body Image and Identity in
Lesbian, Bisexual and Transgender
Communities
D. Atkins
[New York: Harrington Park Press, 1998]

Women Afraid To Eat
F. Berg
[Healthy Weight Network: ND, 2001]

Real Gorgeous
Kaz Cooke
[Allen and Unwin, 1994]

Largely happy: Changing your mind about your
body
Lynda Finn
[David Bateman, 2000]

Losing It: False Hopes and Fat Profits in the Diet
Industry
L. Fraser
[Penguin Putnam: New York, 1997]

When Women Stop Hating Their Bodies
Jane R. Hirschmann and Carol H. Munter
[Ballentine Books, 1995]

200 Ways to Love the Body You Have
Marcia Hutchinson
[Crossing Press, 1999]

Self -esteem Comes in All Sizes: How to be
Happy and Healthy at Your Natural Weight
C.A Johnson
[Carlsbad, CA: Gurze Books, 2001]

Body Wars: Making Peace With Women's
Bodies
M. Maine
[Carlsbad, CA: Gurze Books, 2000]

Fat Is A Feminist Issue Two
Susie Orbach
[Arrow, 1978]

No Body's Perfect
Jasbindar Singh and Pat Rosier
[New Women's Press, 1989]

The Body Snatchers: How the media shapes
women
Cyndi Tebbel
[Finch Publishing, 2000]

The Beauty Myth
Naomi Wolf
[William Morrow and company, 1991]



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