**Body Image – Write a brief description to each heading**.

**Why Are Self-Esteem and Body Image Important?**

### What Influences a Person's Self-Esteem?

### Healthy Self-Esteem

### Tips for Improving Body Image

### Where Can I Go if I Need Help?

**Recognize that your body is your own, no matter what shape or size it comes in**

**Identify which aspects of your appearance you can realistically change and which you can't.**

**If there are things about yourself that you want to change and can, do this by**[**making goals**](http://teenshealth.org/en/teens/make-change.html)**for yourself.**

**A positive, optimistic attitude can help people develop strong self-esteem.**

**Try building your self-esteem by giving yourself three compliments every day.**

**Self-esteem is all about how much you feel you are worth**