HYP Health and Wellbeing Reflection

– We Respect Every Body

Mission Goal

This mission is about how people think and feel about themselves. How we think and feel about our bodies is strongly influenced by what's going on around us.

This mission is about making it easy and normal for people at school to accept the physical differences between people, so that people feel good about their bodies and respect differences in other people's bodies.

Read the choices below and then choose one answer from *Always*, *Sometimes* or *Never*.

| What healthy choices am I making? | Always | Sometimes | Never |
| --- | --- | --- | --- |
| I try not to judge myself on how I look. I focus on what my body can do for me, rather than what I look like. | [ ]  | [ ]  | [ ]  |
| I have mostly positive feelings about my body. | [ ]  | [ ]  | [ ]  |
| Most of the time, I do not compare myself and my body to others. | [ ]  | [ ]  | [ ]  |
| I try to read magazines or follow social media that makes me feel good about myself and my body. | [ ]  | [ ]  | [ ]  |
| I try to surround myself with positive people who make me feel good about myself. | [ ]  | [ ]  | [ ]  |
| I enjoy being active and moving my body. | [ ]  | [ ]  | [ ]  |
| When being active, I focus on how it makes me feel rather than on weight or appearance. | [ ]  | [ ]  | [ ]  |
| I try to accept compliments graciously. | [ ]  | [ ]  | [ ]  |
| I compliment people about what they do and achieve more than on how they look. | [ ]  | [ ]  | [ ]  |
| I don’t judge others on how they look. | [ ]  | [ ]  | [ ]  |
| I do not make comments about my own or other people’s weight or body shape. | [ ]  | [ ]  | [ ]  |
| I try to stop fat talk, body bullying and body comparisons. | [ ]  | [ ]  | [ ]  |
| I stand up for anyone who is being bullied or teased. | [ ]  | [ ]  | [ ]  |
| I respect that everyone is different, with their own unique strengths and capabilities. | [ ]  | [ ]  | [ ]  |
| I challenge messages I hear and see in the media that suggest I need to improve my looks. | [ ]  | [ ]  | [ ]  |
| I challenge messages from others around me that suggest I need to improve my looks. | [ ]  | [ ]  | [ ]  |
| I think a healthy lifestyle is more important than how a person looks. | [ ]  | [ ]  | [ ]  |
| I believe you can’t tell how healthy a person is by how they look. | [ ]  | [ ]  | [ ]  |

**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**