

Young People and Body Positivity

2026

You are More Than Your Mirror



Every day, young people are exposed to messages about how they should look, dress, act and present themselves online. Social media can be a great place for connection and inspiration, but it can also create unrealistic expectations and encourage constant comparison.

Watch Out for Online Comparison

-  Social media often shows highlight reels, not reality.
-  Photos are often edited, filtered or heavily altered.
-  Algorithms show more of what keeps us engaged.

Navigating Social Media while Staying Body Positive

Follow accounts that make you feel inspired rather than inadequate. This also leads to a more positive and uplifting algorithm.

Take breaks from social media if it affects your mood.

Focus on what your body can do, not just how it looks.

Celebrate achievements that have nothing to do with appearance.

Speak to someone you trust if online content is affecting your confidence.

Looksmaxxing: Know the Risks

Some influencers and online brands profit from insecurities about looks, confidence, and relationships. In some cases, their content encourages risky practices such as extreme dieting, steroid use, unregulated injections, and other unsafe methods that can harm physical and mental health.



Looksmaxxing communities can lead young people towards harmful attitudes about masculinity, relationships, and social status, including misogyny and judging people primarily on appearance.

- ✓ Question advice that promises quick appearance results
- ✓ Use **trusted** health and wellbeing sources
- ✓ Reach out to someone you trust, or one of the support networks provided here if content is affecting your confidence
- ✓ Focus on healthy habits, personal growth, and wellbeing

Looking after yourself is positive, but content promoting extreme changes, unrealistic standards, or disrespect towards others should be considered carefully. Real confidence comes from valuing yourself and others for more than appearance.

Body Positive Affirmations

AFFIRMATION	REMINDER
MY WORTH IS MORE THAN MY APPEARANCE	I am valuable exactly as I am.
MY BODY IS MY HOME	I deserve to feel comfortable and safe in my own skin.
COMPARISON ISN'T FAIR	I will focus on my own growth.
EVERY BODY IS DIFFERENT	I honour my body without comparing it to others.
MY BODY DESERVES RESPECT	I appreciate what my body does for me every day.
I AM NOT DEFINED BY MY REFLECTION	There is so much more to me than what I see in the mirror.
SOCIAL MEDIA ISN'T REALITY	I will not measure myself against edited images.
MY VOICE MATTERS	My thoughts, feelings, and ideas are important.
PROGRESS OVER PERFECTION	I am enough while I continue to grow.
I DESERVE SELF-COMPASSION	I treat myself with the same kindness I offer others.
I AM MORE THAN A NUMBER	My value cannot be measured.
MY BODY HELPS ME LIVE MY LIFE	I am grateful for all the ways it supports me each day.
KINDNESS STARTS WITH ME	I choose to speak to myself with kindness.
CONFIDENCE COMES FROM WITHIN	My self-worth is not based on how I look.
STRENGTH LOOKS DIFFERENT FOR EVERYONE	I celebrate my unique strengths.
I CELEBRATE WHAT MAKES ME UNIQUE	My differences are part of what makes me special.

Wellbeing Activity

Reframe a negative thought into a positive, realistic statement.



Support and Wellbeing

If body image concerns, anxiety or self-esteem issues are affecting your wellbeing, speak to:

 A trusted adult

 Your DLC

 Your GP

YoungMinds: www.youngminds.org.uk

NHS Every Mind Matters: www.nhs.uk/every-mind-matters

The Safeguarding Team

Call us anytime on 07552597253 or email safeguarding@qa.com

Complete a Safeguarding Self-Referral Form if the concern relates to you.

[Safeguarding Self-Referral Form](#)

Complete a Safeguarding Peer Referral Form if you are worried about someone else.

[Safeguarding Peer Referral Form](#)

Contact your Digital Learning Coach (DLC), tutor or account manager.

Speak to any member of QA staff onsite.



REMEMBER



You are more than your appearance.

You are more than other people's opinions.

You are more than what you see online.



THE TRUTH IS SIMPLE

Your value is not determined by your appearance.

Positive wellbeing comes from recognising our strengths, building healthy relationships, treating our bodies with respect and developing confidence in who we are.



NHS - [Every Mind Matters](#)

[YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [Young Mind](#)



