



Use the Friend magazine to help your family understand a different sensitive topic each month.

EVERY BODY IS BEAUTIFUL

As children grow up, they become more aware of their bodies—what their bodies can do and how to take care of them. They also start noticing how their bodies are the same and different from those of other people. As parents and leaders, we can help children realize that *every* body is a beautiful gift. Let's help them value their bodies for what they can do, not how they look. And let's make sure they know that saying mean things about their bodies or another person's body is never OK. Here are some *Friend* stories (from this month's issue and past issues) that you could use to start a conversation about body image with your children.



"Nick's New Look" (Oct. 2018, page 32)

A boy with alopecia deals with classmates making fun of him and learns not to gauge his sense of worth based on what others think. A similar story, featuring a girl who is tall for her age, is "Forgiving Demi" (Jan. 2018, page 36).

"What's on Your Mind?" (Oct. 2018, page 34)

A page of tips in response to the question "Sometimes I don't like the way I look. How can I learn to love my body?"

"My Body Is a Temple" (July 2014, page 24)

This poster talks about why we have bodies, what's great about our bodies, how we should treat our bodies, and more.



Find stories, activities, and media related to this topic and others at lessonhelps.lds.org. For past *Friend* Connection articles, visit FriendConnection.lds.org.

TALK ABOUT IT

- Do your children know anyone with health issues or disabilities that affect how their bodies look or move? Instead of ignoring these differences, answer your child's questions. If your child says something insensitive to someone with a disability, say, "I'm sorry—my child is still learning," and encourage a healthy interaction. For more ideas on this topic, see the May 2018 "For Parents of Little Ones" (inside back cover).
- Encourage your children to give compliments about more than just how people look. Practice giving compliments instead about what they do—talents, skills, good choices, and so on.
- What if people are making fun of someone because of the way they look? Role-play situations where your children practice standing up for themselves or other people. Come up with ideas together about how they could show love to a classmate who has been bullied.

RELATED RESOURCES

- "Helping Children Appreciate Their Bodies," *Ensign*, June 2015, 72–75.
- *A Parent's Guide*, available on LDS.org, is a Church resource for talking to children about body maturation, sexuality, and intimacy in age-appropriate ways.