

I don't look like the people I see on TV and social media, and sometimes it makes me feel bad about myself. What should I do?

-Self-conscious in Salta



Dear Self-conscious,

There are messages all around that tell you that how you look is the most important thing about you. But that isn't true! There is so much more to who you are. You are a child of God, and you don't need to add or take anything away to be beautiful in His eyes.

Instead of focusing on what you look like, try focusing on what your body can *do*. Things like exercising and serving others can help you feel strong and confident in the person God created you to be.

The *Friend*

Take this quiz to help you sort out the truths from the lies about your body.

2. Do I need to wear certain clothes or makeup to be happy?

Yes No

4. Is it good to exercise and eat healthy foods to make my body stronger?

Yes No

6. Is it OK to make fun of what other people's bodies look like?

Yes No

1. Do I need to look like the people at school or on social media to be happy?

Yes No

3. Is it normal if my body changes as I get older?

Yes No

5. Is it OK to look at or share immodest pictures of bodies?

Yes No

7. Does Heavenly Father love me as I am right now?

Yes No



Answers: 1. no, 2. no, 3. yes, 4. yes, 5. no, 6. no, 7. yes