

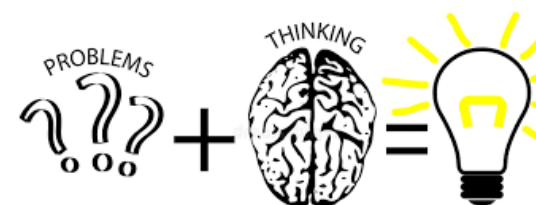
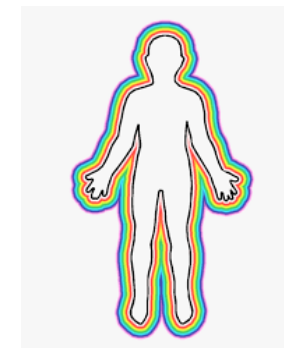
Vocabulary	Definition
Body image	Body image is how you feel about your body mentally, emotionally and physically.
Problem	A matter or situation regarded as unwelcome or harmful and needing to be dealt with and overcome.
Support	Giving assistance and help
Trust	A firm belief in the reliability, truth, or ability of someone or something.



Pupils can recognise how images in the media, including online do not always reflect reality and can affect how people feel about themselves.



Pupils develop the confidence and skills to know when, who and how to ask for help independently or with support.



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