

HEALTHY BODY IMAGE LESSONS WILL HELP ME IN THESE WAYS:

1) I will feel comfortable knowing my body is growing in a

n _____ and h _____ way.

2) I will understand my growth is pre-determined. This means

it is s _____ ahead of time to b _____ a certain way.

3) I will understand what makes one person's body look

d _____ from another's.

4) I will understand it is important not to j _____
appearances during puberty or any other time.

5) I will understand what I c _____ and c _____

c _____ about my body's size and shape.

6) I will understand how to have a good b _____

i _____ (feel good about my body).