

Written evidence submitted by Headway Adolescent Resources Limited (BYC018)

Present:

XX, YY, ZZ- young persons

Manuel Dragos, Adele Anderson B

Manuel started the discussion by asking what do XX, ZZ and YY understand about the term positive body image.

XX said that body image it is a healthy reflection of a person's body. YY and ZZ had no answer but agreed with XX.

Manuel asked if the body image is being discussed between themselves, with their friends or at school?

XX responded and said that he is discussing the body image with his friends but they discuss this in a very straightforward way and if they see a friend who is overweight they just tell him that he needs to go to the gym. ZZ agreed with that and YY had no comment to make.

Manuel continued asking if XX, ZZ and YY if them or their friends are aware about any support groups who can help them if they have a problem with their body image. XX said that he does not know of any groups around but he knows that if he needs support he will just google it and look for a support group. YY agreed with that.

Manuel asked if XX, YY and ZZ think that the internet promotes a healthy body image and can be used to promote a positive self-image?

XX answered yes. XX said that all young persons are trying to upload on social media the photos in which they look the best. He continued saying that the internet and social media puts a lot of pressure on the young persons in reflecting a certain body image. YY and ZZ had no comment to make.

On the question about government having a responsibility to discourage the use of social media and the internet in ways of promoting a positive body image XX answered No. XX said that every person has an individual responsibility for their health and the way they are being reflected on social media. YY agreed with XX. ZZ had no comments to make.

Towards the end of discussion Manuel asked all young persons if dissatisfaction with body image contributes to an increased in mental health problems among children?

XX said that the pressure of having a positive body image can create pressure among young people. Manuel asked Ellis if young people can address that and health care services are linking up with schools regarding that?

XX said that he does not know. ZZ and YY had no comments to make.

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