







Self-esteem and body image

Subcategory	Resource links	Image	Age rating
Information about body image and body confidence	https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/		Students
Support and advice about body confidence	https://www.berealcampaign.co.uk/resources/support-advice		All
Information and advice about the impact of body image issues on young people	https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/lifestyle-factors/body-image/		Parents and Teachers
Information about body image and top tips for positive body image	https://www.childressociety.org.uk/information/young-people/well-being/resources/body-image		Students
Body image and self-esteem information	https://www.dove.com/uk/dove-self-esteem-project.html		All
Worries about weight and eating problems: information for young people	Worries about weight and eating - for young people Royal College of Psychiatrists (rcpsych.ac.uk)		Students