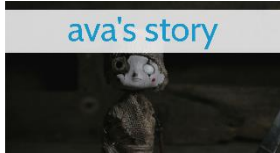


Ava's Story



ISSUES FOR REFLECTION AND DISCUSSION

Start by watching *Ava's Story*

After you've watched the video of ***Ava's story***, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down.

Please remember, this is not a test. All thoughts and ideas are welcome.

Ava talks about comparing her body and herself to other people. She says that she always thought that other people were prettier than her and had better bodies than her. What kinds of things do you think put pressure on young people to look a particular way?

Mental Health Educate

YOUTH MENTAL HEALTH ANIMATION SERIES | STUDENT/LEARNER RESOURCE

What effect could having a negative body image have on someone?

Ava said that not focusing on other people and comparing herself to them had helped her to accept herself and her body. What other things can people do to help them feel more positive about their body?

WANT TO LEARN MORE ABOUT BODY IMAGE, SELF-WORTH,
MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and more about these issues on
www.SpunOut.ie and www.jigsaw.ie