A PARENT’S GUIDE TO

Body Positivity
In This Guide . . .

- Beyoncé was right: When it comes to beauty, “It’s the Soul that needs the surgery”
- How do teens feel about their bodies?
- So what is body positivity?
- Who promotes body positivity?
- Why is the movement gaining ground?
- Where does this body shame come from?
- So how does the body positivity movement help?
- Is there anything bad about body positivity?
- So what’s the answer?
What can we do?

How can I help my kids have a healthy view of their bodies?

What about modesty?

Should we ever talk about others’ physical qualities, then?

Discussion Questions

Conclusion

Additional Resources