

A P A R E N T ' S  
T O  
G U I D E

# Body Positivity

**axis**

# 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**