

## Did you know that in Sherbrooke...

... many young people between the age of 12 and 17 are worried about their physical appearance?

- Half of the girls want to be thinner.
- A third of the boys wish to have more muscles.

As you are, it's perfect!



## For more information

### Internet

Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports  
[www.alliancesherbrookoise.ca](http://www.alliancesherbrookoise.ca)

Visit:  
[www.equilibre.ca](http://www.equilibre.ca)  
[www.derrierelemiroir.ca](http://www.derrierelemiroir.ca)

Le Réseau canadien pour la santé des femmes.  
Comment aider votre fille à acquérir une image corporelle saine  
<http://www.cwhn.ca/node/40826>

### Books

GAGNIER, Nadia, Ph. D. (2007),  
« Miroir, miroir... je n'aime pas mon corps! », Vive la vie...  
en famille, vol. 4, Montréal :  
Les Éditions La Presse.  
(Approximately \$17)

This book can be borrowed at your municipal library.

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The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit [alliancesherbrookoise.ca](http://alliancesherbrookoise.ca)

This document was produced with financial assistance from the CSSS-IUGS' Vitae Foundation and the Caisses Desjardins de Sherbrooke.

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As you are, it's perfect!



## Feeling good about our body

A young person who is feeling good in his body will have trust in himself and in his abilities.

### He will have less tendency to:

- Follow or go on diets.
- Fast or skip meals.
- Smoke cigarettes.

### He is better protected against:

- Anxiety and depression.
- Eating disorders (anorexia, bulimia).

## Greet puberty

Puberty starts between the age of 8 and 17 with the girls and between 10 and 18 with the boys.

Your child is worried about the changes occurring within his body?

**It is normal for his body to change at it's own rythm:**

- Weight gain.
- Body hair start to appear.
- Breast are starting to show (girls).
- Hips growing wider (girls).
- Voice changes (boys).

## In order for your child to be comfortable in his body, encourage him to...

- Eat healthy: avoid diets to lose or gain weight.
- Listen to his body: stop eating when he is not hungry anymore.
- Be physically active: just move for the pleasure of it.
- Sleep regular hours.
- Adapt his hygiene to his changing body.

**Resist to the temptation of the ideal body**

Show your child that the images of the models we see in the medias:

- Do not reflect reality nor to they represent the ideal model to reach.
- Are often modified.

## Your comments are important!

The image that you have of your child is important to him.

- Avoid teasing him about his body changing.
- Compliment him on his qualities and successes.
- Avoid using words like "fat" or "ugly" when you are talking about someone else **or yourself**.
- Be an example for your child, eat healthy and be active.

## Family diner!

The young people who often share family meals feel more at ease in their body and their head.

- Gather your family at table as often as possible.
- Create a pleasant atmosphere to enable positive exchanges.

