



Ask your teen

Q1. Is there a picture you're in that you love? What are the things that you like about that picture?

Parent tip – When responding to this question yourself, focus on things like the setting or occasion, who you are with and how you felt.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q2. Do you think it is hard for teenagers to be kind to their bodies these days compared to when I was a teenager? Why/Why not?

Parent tip – Use this as an opportunity to talk about what body kindness looks like and acknowledge that many people do find it hard but with practice it can get easier.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q3. Has anyone made a negative comment which made you feel bad about the way you look?

Parent tip - If you know your child is experiencing bullying or teasing, skip this question. When responding to this question yourself try to focus on how you felt rather than the specifics of the comment.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q4. Why do some people think it's OK to make negative comments about the way someone looks?

Parent tip – Answers include low self-esteem, fitting in, to be "cool", trying to be funny/get a laugh/because they themselves are struggling or being bullied.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q5. What do you think people should do if they are being teased about how they look?

Parent tip – It is important that answers don't suggest that the victim being teased or bullied is encouraged to change their weight or appearance. The behaviour or teasing and bullying is wrong – not the person's body or appearance.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q6. Is there someone who inspires the way you dress? What is it about their style that you like?

Parent tip – Try to remain non-judgemental about your teen's inspiration, even if it's not to your taste.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q7. Is there a look or body ideal that you think that teenagers your age feel pressure to conform to?

Parent tip – You could extend this by asking 'Do you feel this too?'

nib foundation

BodyKind
FAMILIES

Ask your teen

Q8. Is there something you like about your appearance?

Parent tip – Encourage your child (and yourself) to find at least one thing, however small!

nib foundation

BodyKind
FAMILIES



Ask your teen

Q9. Do your friends talk a lot about appearance or seem to value people for how they look?

Parent tip – If your child responds ‘yes’, ask how it makes them feel. When responding yourself aim to talk about ways you try to reduce appearance talk in your friendship group.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q10. What do you appreciate that your body has done for you?

nib foundation

BodyKind
FAMILIES

Ask your teen

Q11. Is there anything we can do in our household to be kinder to bodies; our own and each others?

Parent Tip - The 30 Days of Body Kindness activity or Family Agreement might provide some inspiration.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q12. Who do you consider to be a positive body image role model and why? It can be someone in real life or a celebrity.

Parent tip – Explain that you don’t need to bare all or wear a bikini/gym clothes to be a body positive role model. If you are struggling to identify someone check out Pink’s acceptance speech on youtube – www.youtube.com/watch?v=W_gA5vkJc4

nib foundation

BodyKind
FAMILIES

Ask your teen

Q13. If you’re not feeling great, is there something that you like to do that helps to lift your mood?

Parent tip – Avoid suggesting that food is a good way of soothing our emotions.

nib foundation

BodyKind
FAMILIES

Ask your teen

Q14. What are you most proud of that you have achieved to date?

nib foundation

BodyKind
FAMILIES

Ask your teen

Q15. Give your teen a compliment that is not about how they look.

nib foundation

BodyKind
FAMILIES

Ask your teen

Ask your own questions

nib foundation

BodyKind
FAMILIES



Questions to ask your parent/carer

Q1. Is there a picture you're in that you love? What are the things that you like about that picture?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q2. . Do you think it is harder for teens to be kind to their bodies, compared to when you were a teenager?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q3. Do you remember any nasty/rude/mean comments about your appearance from when you were young?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q4. Why do you think people make negative and nasty comments about the way someone looks?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q5. Can you remember something positive someone did to deal with being teased or bullied about how they looked?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q6. Is there someone who inspires the way you dress? What is it about their style that you like?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q7. What was the ideal look for boys and girls when you were growing up? Are there any similarities to today?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q8. Is there something you like about your appearance?

nib foundation

BodyKind
FAMILIES



Questions to ask your parent/carer

Q9. Do your friends talk a lot about appearance or seem to value people for how they look?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q10. What do you appreciate that your body has done for you?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q11. If you were my age again, what would you say to yourself and to your body to be more body kind?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q12. Who do you consider to be a positive body image role model and why? It can be someone in real life or a celebrity.

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q13. If you're not feeling great, is there something that you like to do that helps to lift your mood?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q14. What are you most proud of that you have achieved to date?

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Q15. Give the person you're with a compliment that is not about how they look.

nib foundation

BodyKind
FAMILIES

Questions to ask your parent/carer

Ask your own questions

nib foundation

BodyKind
FAMILIES