

# Parent Deck

Questions to ask your teen

# 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.*

# 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.*

# 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.*

# 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.*

# 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.*



# 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.*

# 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?’*



# 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!*

# 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.*

*Ask your teen*

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

# 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.*

# 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\\_gA5vkJJc4](http://www.youtube.com/watch?v=W_gA5vkJJc4)*

# 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.*



# Ask your teen

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

# Ask your teen

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

*Ask your teen*

Ask your own question

# Teen Deck

Questions to ask your  
parent/carer

*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?

*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?



*Ask your parent/carer*

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

*Ask your parent/carer*

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

*Ask your parent/carer*

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

*Ask your parent/carer*

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

*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?

*Ask your parent/carer*

Q8. Is there something  
you like about your  
appearance?



*Ask your parent/carer*

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

*Ask your parent/carer*

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

*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?

*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.

*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?

*Ask your parent/carer*

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



*Ask your parent/carer*

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

*Ask your parent/carer*

Ask your own question