

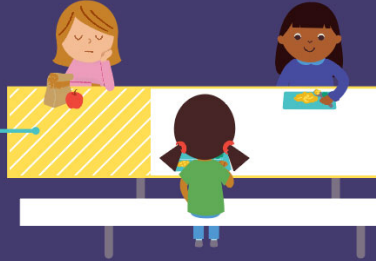


By age 6,
many girls start to express
concerns about their weight or shape.¹

Almost **HALF** of American children
between 1st and 3rd grade are
worried about how much they weigh.²



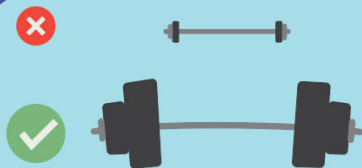
Over 1/3
report dieting,
even among underweight to
average-sized girls.³



This isn't just an issue for girls.

There is a significant increase in the
percentage of boys concerned about
their weight and appearance,

generally wanting to be taller
and more muscular in addition
to worrying about weight.



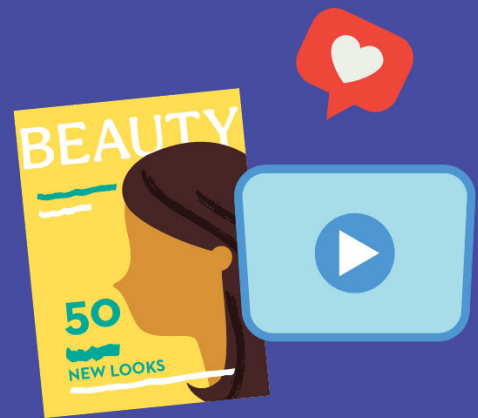
The average age
children start dieting is **10**⁴

At that age:



say body image is their number one worry.⁵

Virtually every form of media
sexualizes women and men,
and children internalize this message.



GOD MADE ME IN HIS IMAGE

Helping Children Appreciate Their Bodies

Justin and Lindsey Holcomb wrote this book for
parents to help children understand their feelings
about their bodies and help them accept them by
highlighting God's loving design.



¹"What Are Eating Disorders?," National Eating Disorders Association, accessed March 23, 2020, <http://www.nationaleatingdisorders.org/getfacts-eating-disorders>. ²Ibid. ³J. Kevin Thompson and Linda Smolak, eds., Body image, eating disorders, and obesity in youth: Assessment, prevention, and treatment (Washington, DC: American Psychological Association, 2009), 47–76. ⁴Ibid. ⁵Nicky Hutchinson and Chris Calland, Body Image in the Primary School: A Self-Esteem Approach to Building Body Confidence (England, UK: Routledge, 2019), 5–6.