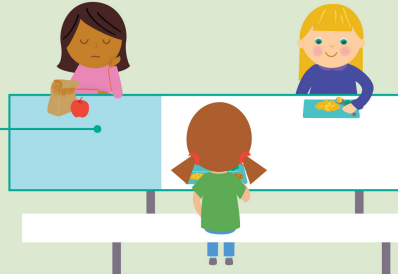




By age 6,
many girls start to express
concerns about their weight or shape.¹

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



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

At that age:

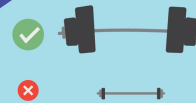


say body image is their number one worry.⁵

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.

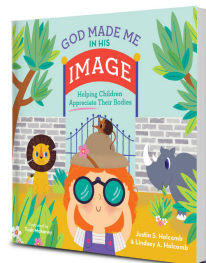


Virtually every form of media
sexualizes women and men,
and children internalize this message.

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.



¹What 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.