



Young people and Body Image – Challenging the ‘Ideal’ Tuesday 1st December, 2020

AGENDA

Introduction by Chair, Claire Hunter

Director and Founder, Red Harbour

Summary of the Spotlight on Body Image issued by the First Minister’s National Advisory Council on Women and Girls (NACWG) by Claire Hunter

Julie Cameron, Associate Director for Mental Health Foundation and co-chair of the SG Good Body Image Advisory Group

Changing how young people think and feel about their bodies

- Recommendations from the ‘Scottish Government Good Body Image for Children and Young People Advisory Group’ – the process and implications
- Body image concerns and the impact on mental health
- Action for change among young people, families, schools and communities and wider society

Con Lafferty, Registered Mental Health Nurse, Harm Reduction Team, NHS Lothian

The use of Image and Performance Enhancing Drugs (IPED) by men and the link between childhood experiences and body image

- Background of Lothian Steroid Clinic
- Prevalence of IPED use in Lothian
- Links between IPED use and body image, and how this can be influenced by childhood experiences and other factors

Assa Samaké-Roman, Freelance Journalist

Body positivity needs to become inclusive again

- Representation matters to love oneself and have good mental health
- How can we challenge the body positivity movement around thin, white, able-bodied people
- It is time to give it back to those who initiated it!

Kara Wilson, Speak Out Champion, Girlguiding Scotland

What positive body image is and what it is not

- How social media can make it hard to tell what is and what is not real
- How can we tell when someone has been photoshopped in magazines, videos and on social media
- The first step is positivity around our own bodies

