

Kids: What about weight?

If you are being bullied about your weight, you may be tempted to try to lose weight to make the bullying stop. But it is important to remember that unhealthy eating habits are dangerous and can be very harmful to your health. Anytime you try to lose weight too quickly, you can often gain the weight back and develop a cycle of unhealthy eating. Here are some tips for healthy things you can do to feel better about yourself and your body:

Eat well and be active.

Make an effort to feed your body well – foods should taste good and be good for you too. Find fruits and vegetables you enjoy eating and eat them often. If you feel that you might be eating too much junk food, try some healthier options. One option is to cut down on sugary drinks like soda, sweetened tea, juice drinks, or sports drinks – drink water instead.

Look for activities that you enjoy doing (like walking, yoga, swimming, martial arts, biking, or team sports). Everyone can benefit from physical activity. If it's hard for you to do these things on your own, find a friend or family member to do it with you.

Be comfortable in your body.

Look around you – no two bodies are alike. It's okay that people are different shapes and sizes. Remember that good health comes from eating a healthy diet and being active – not from being thin. Some people may think: “If I was thin, I would be happy with my body”. But even thin people can be unhappy with their bodies. Remember that being comfortable in your body is not about how big or small you are, it's about having a positive attitude toward yourself. Focus on your health instead of how much you weigh – learn how to eat well and exercise, find healthy role models, and get support from your family and friends.

Check out our other handouts for kids: [Are you being bullied because of your weight?](#) and [Web Resources for Kids](#).