

| | | |
|------------------|---|----|
| CHAPTER 1 | BODY IMAGE AND EATING ISSUES | |
| | What is body image? | 1 |
| | Snapshot: body image and eating disorders | 2 |
| | Body image | 4 |
| | Body image and health | 5 |
| | What is body dysmorphic disorder? | 9 |
| | Body dysmorphic disorder puts ugly in the brain of the beholder | 10 |
| | What is an eating disorder? | 12 |
| | Eating disorders: key research and statistics | 13 |
| | Explainer: anorexia and bulimia | 18 |
| | Eating disorders risk factors | 20 |
| | Eating disorders 'nearly as bad for men' | 22 |
| | Body image and diets | 23 |
| | Cosmetic surgery | 24 |
| | Doctors seek a ban on cosmetic surgery for children | 25 |
| CHAPTER 2 | IMPROVING BODY IMAGE | |
| | Body image worries plaguing young kids | 26 |
| | Kids and body image | 27 |
| | Body image and young people | 28 |
| | Teaching girls to prioritise function over form for better body image | 32 |
| | Body image tips for girls | 33 |
| | Boys aren't immune to body image pressures – and never have been | 34 |
| | Body image tips for boys | 35 |
| | Body image and young children | 36 |
| | Body image tips for parents | 38 |
| | Preventing bad body image in kids | 39 |
| | Voluntary Industry Code of Conduct on Body Image | 41 |
| | Reining in advertisers to curb Australia's body image distortion | 43 |
| | Psychological prevention and intervention strategies for body dissatisfaction and disordered eating | 45 |
| | Exploring issues – worksheets and activities | 49 |
| | Fast facts | 57 |
| | Glossary | 58 |
| | Web links | 59 |
| | Index | 60 |