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| **Why we eat** |
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| **Body image messages** |
| **Magazines**  **TV programmes**  **Computer games**  **Adverts**  **Social media**  **YouTube**  **Music videos**  **Toys – e.g. dolls**  **Friends**  **Family** |

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| **Things we can say** | **Things we can do** | **Things we can do to support ourselves** |
| ***“You look worried…”*** | ***Listen*** | ***Get support from others*** |

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| **Changes made** | **Next steps** |
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