

A PARENT'S GUIDE TO

BODY POSITIVITY



Connecting Parents, Teens & Jesus
in a Disconnected World

AXIS PARENT GUIDES SERIES

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A Parent's Guide to Body Positivity

A Parent's Guide to Eating Disorders

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A Parent's Guide to Body Positivity

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I could have never imagined how much it would cost me to attempt to reach the standard of today's beauty.

**SADIE ROBERTSON HUFF,
"I WOKE UP LIKE THIS"**

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A LETTER FROM AXIS

Dear Reader,

We're Axis, and since 2007, we've been creating resources to help connect parents, teens, and Jesus in a disconnected world. We're a group of gospel-minded researchers, speakers, and content creators, and we're excited to bring you the best of what we've learned about making meaningful connections with the teens in your life.

This parent's guide is designed to help start a conversation. Our goal is to give you enough knowledge that you're able to ask your teen informed questions about their world. For each guide, we spend weeks reading, researching, and interviewing parents and teens in order to distill everything you need to know about the topic at hand. We encourage you to read the whole thing and then to use the questions we include to get the conversation going with your teen—and then to follow the conversation wherever it leads.

As Douglas Stone, Bruce Patton, and Sheila Heen point out in their book *Difficult Conversations*, “Changes in attitudes and behavior rarely come about because of arguments, facts, and attempts to persuade. How often do *you* change your values and beliefs—or whom you love or what you want in life—based on something someone tells you? And how likely are you to do so when the person who is trying to change you doesn’t seem fully aware of the reasons you see things differently in the first place?”¹ For whatever reason, when we believe that others are trying to understand *our* point of view, our defenses usually go down, and we’re more willing to listen to *their* point of view. The rising generation is no exception.

So we encourage you to ask questions, to listen, and then to share your heart with your teen. As we often say at Axis, discipleship happens where conversation happens.

Sincerely,
Your friends at Axis

¹ Douglas Stone, Bruce Patton, and Sheila Heen, *Difficult Conversations: How to Discuss What Matters Most*, rev. ed. (New York: Penguin Books, 2010), 137.

**BEYONCÉ WAS
RIGHT: WHEN IT
COMES TO BEAUTY,
“IT’S THE SOUL
THAT NEEDS THE
SURGERY”**

KATRINA (not her real name) struggled through middle school and high school. It was a difficult time for her—not simply because she was socially awkward, but also because of how she looked. She rarely felt pretty: she struggled on and off with acne, had braces for a while, and had no idea what to do with her crazy hair. To add insult to injury, she didn't know how to dress stylishly and would often feel embarrassed about her clothes.

Our society puts a heavy burden on people—women in particular—to measure up to certain standards of physical beauty. The body positivity movement has arisen in response to these unattainable ideals. It attempts to redefine beauty and human worth and has made its way from social media platforms like Instagram and Twitter into our mainstream marketing. But is it the answer

that all teenagers who struggle to accept themselves desperately long for? Despite the necessity of this movement, or at least something like it, body positivity is complicated and nuanced—and very worth talking about with your teens.

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