

Chapter -3



Body Image & Adolescent Sexual Behavior

Teenagers : at the crossroads of life



Body Image



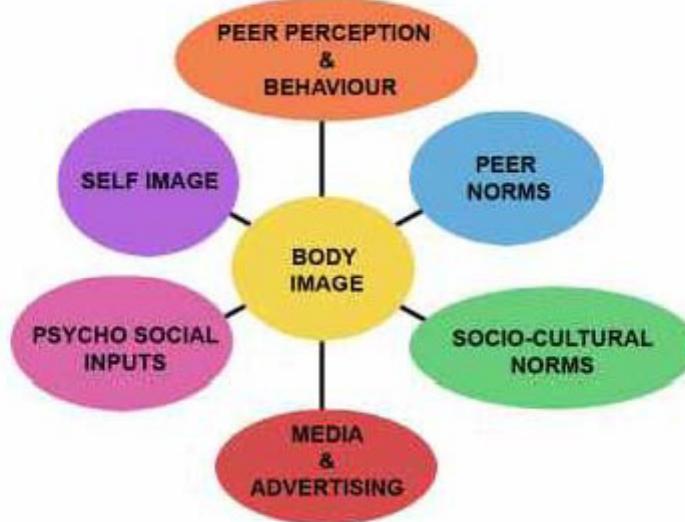
- Adolescence has a special and unique positioning in the growth of an individual.
- Many of the changes depend on how the adolescents perceive their bodies.
- **Body Image** is what we believe ourselves to be or picture ourselves as in relation to society.

Story



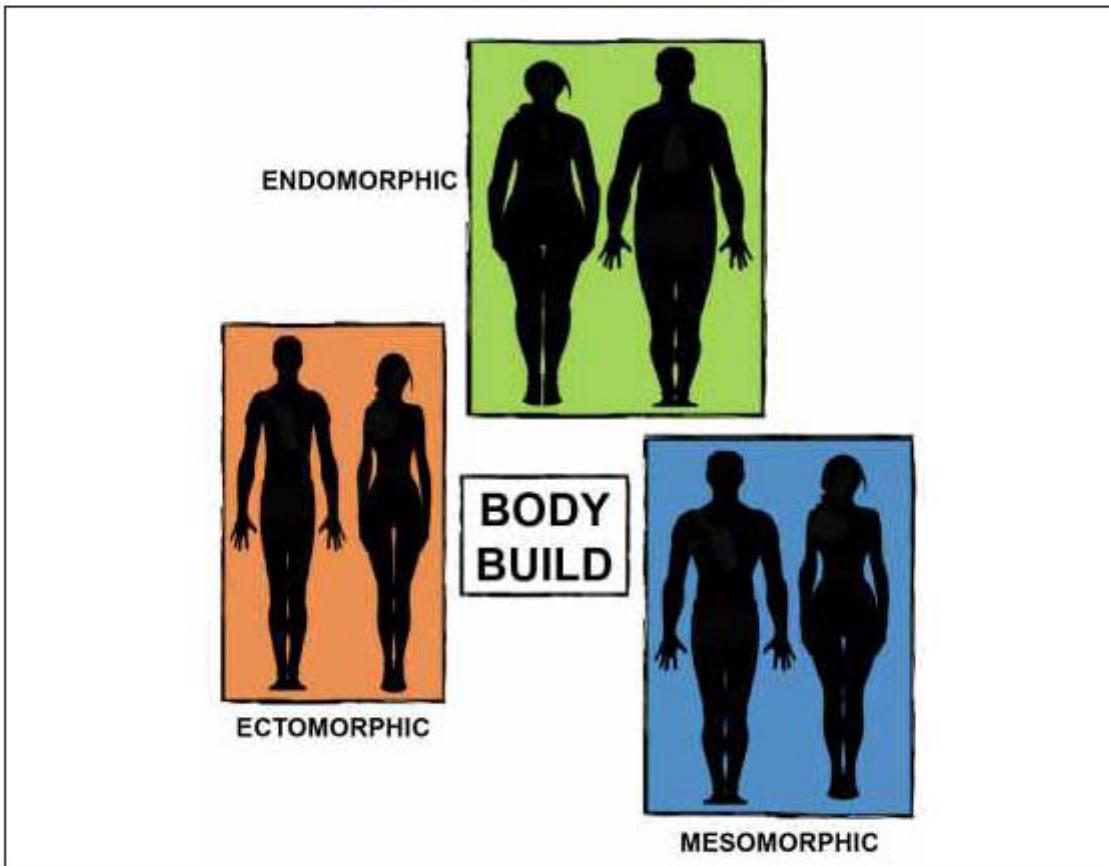
- Our body is an important ingredient of our self concept, helping to determine whether we
 - > accept or reject ourselves
 - > feel confident in social relationships
 - > have an idea of our attractiveness, strengths, skills and sex appeal
- It is seen that higher levels of body satisfaction are associated with higher levels of self-esteem among adolescents.

Have respect for your body



The perception (evaluation of the size of one's body) and the cognition (attitude towards one's body)

Types of human body



The "SELF"

Self Awareness

- Is to be aware, observant and perceptive of our feelings. It is looking at ourselves as outsiders.
- Is a personal competence to be developed to understand others and ourselves.
- Is important in developing our self-esteem, self and body images.
- Is intended to form our identity and individuality from the feedback by our parents, teachers and friends.

'Self is mind and body both'.

Self awareness



- **Selfawareness** enables us to :
 - > **Manage emotions** – this helps us to find ways and means to handle fear, anger, anxiety, sadness and many other feelings.
 - > **Motivate ourselves** – we can channel our emotions and energies towards our goals, emotional self control and impulse control.
 - > **Empathize** – we become sensitive to other people's feelings and concerns.
 - > **Handle relationships** – we can manage emotions in self and others
- **Self-image** : The way we see ourselves and how we think others see us. Self-image determines the way we feel and behave.

Different facets of self-awareness

- **Emotional awareness :**

Recognizing our emotions and its effects on us.

- **Self Assessment :**

Knowing our strengths and limitations or weaknesses.

- **Self confidence :**

A healthy and strong sense of our self worth and capacity.

Self-actualization



- The ultimate goal of personality growth is self-actualization.
- Self-actualization is a state of self-fulfillment in which people realize their highest potential.

Self esteem

- **Self esteem** is a measure of the regard for oneself as human being and sense of one's personal worth and place **within** the society.
- Self-esteem is closely linked with self-respect.
- The way a person values oneself will influence one's social and mental development.
- We all possess some skills and potentials, which may be unique to us as others may have some, which are unique to them and we can maximize the potential.
- This will build self-esteem and win admiration from society enabling one to stand out as an individual. For maximizing social development high self-esteem is a must.
- Feeling worthy and accepting ourselves and loving ourselves is not selfish or egotistical.
- It is a sign of our individuality, uniqueness and the abundant gifts and potential **within** us to cherish and share.

Peer influences



- Friendships provide opportunities to develop conflict resolution skills.
- Friends provide fun and excitement.
- Friends also give advice and discuss lots of issues and problems.
- Loyalty is a valued trait in friendship.
- Friendships also provide stability during times of stress or transition.

Peer influence  Peer pressure

Negative peer influences

Conformity	Underachievement
Drug use, Smoking	Drinks
Risk taking	Violence
Clothes	Anti-social activities
Pocket Money	Gangs

- Relinquish the stereotype of peers as a uniformly negative influence on youth.
- Attending workshops and life skills development courses for social skills may be helpful to tone down aggressive tendencies.

Sexuality

- 'Sexuality' is becoming comfortable with one's own body, emotions and feelings.
- To develop a positive concept about sexuality one has to free one's mind from all fears, misconceptions, myths and complexes regarding one's own sexuality.

Why are Teenagers Vulnerable?



Major causes of adolescent vulnerability

- Education :

- > lack of awareness,
- > risk perception

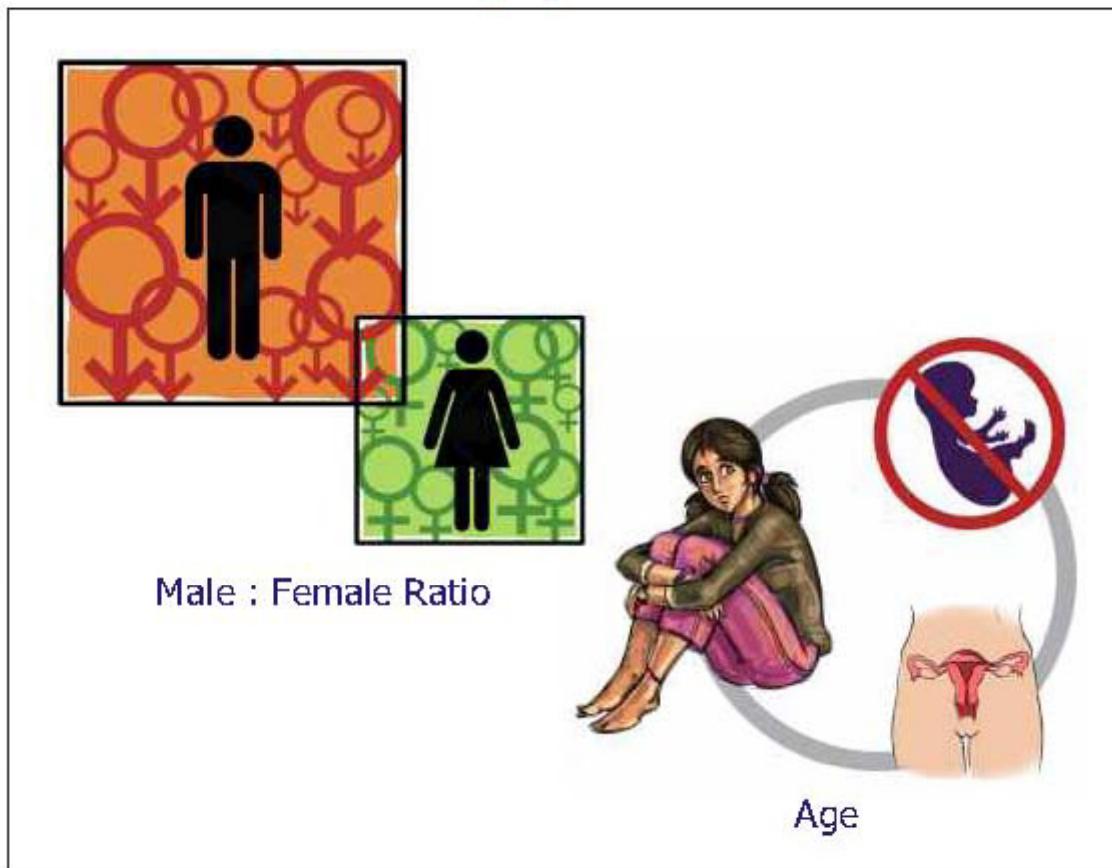


- Economic dependence or lack of income



- Social status

Demographic factors



Physiologically girls are vulnerable



- Immature reproductive tract mucosa **in** adolescent females (socially most vulnerable).
- Women are 2-3 times more at risk of **HIV infection than males** when partner is **HIV infected**.

Pathological factors

- HIV and other STIs are related in several ways.
- They are transmitted through similar routes and have similar prevention messages.
- RTI and STI increase risk of acquiring HIV infection.
- Researchers have demonstrated that the presence of STI, both ulcerative and non-ulcerative, increase the risk of HIV transmission about 3 to 5 fold.
- STI appear to promote HIV transmission by causing inflammation and lesions of the genital tract, thus creating an accessible point of entry for HIV.

Protect yourself

Learn to say



How to say 'NO'?

- Empower yourself
- Be confident
- Do not give in to peer pressure
- Think ahead – anticipate situations
- Plan for all eventualities
- Stay in control all the time
- Be someone before you become someone's!
- Wait for the right moment!

Strike the right balance!



Healthy mind in a healthy body is the right balance!



"How we **look** is significant but how we **behave** is even more significant. We can impress & influence others with our behavior".
