

## What People Say About Body Image, Body Scrimmage – Stories From Middle School Students

**Kaz Cooke, cartoonist and author** (see [www.completelygorgeous.com.au](http://www.completelygorgeous.com.au) )

Adults talk a lot about what we can do about the pressures on young people about body image. One important thing that they can do is to listen to the voices of the young people themselves. And it helps teenagers to know what other teenagers are thinking and feeling about the same problems. Body Image Body Scrimmage tells us what's in the minds of young people, all in their own wonderful words.

**Sue Murray, playwright and wordsmith**

Body Image Body Scrimmage – what a powerful resource for young people and their teachers everywhere! Authentic voices, inventive writing, honest reflections by middle school students on the challenges they face in their everyday lives: the book is a joy and an inspiration to everyone wrestling with self-esteem and body image issues.

**Meredith Hunter, Executive Officer, Youth Coalition of the ACT 2006**

Body Image Body Scrimmage is an innovative and exciting project that tackles the negative thoughts and feelings that many thousands of young people have about their bodies. By engaging young Canberrans in an interactive, fun and creative way the warped media messages that bombard young people with unrealistic and in my opinion undesirable views of ideal body shape and beauty can be challenged. Congratulations to all the young people who have shared their funny, sad and thought provoking stories as well as Mental Illness Education ACT for nurturing such an important and ground breaking project.

**Rachel Longhurst, editor LIP magazine 2006**

Body Image Body Scrimmage provides readers with awareness and insight...A vital link in driving positive change.'

**Jennie Mortlock, Youth Support Worker, ACT Secondary School**

Body Image Body Scrimmage gives young people the ability to express their thoughts and feelings about this growing problem and has been successful in showing young people that they are not alone.

It is a fantastic resource that can now be used widely by young people and adults alike. Well done to the young people who were involved with this book. It was a pleasure working with you.

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