



A government guide to help parents teach their children how to be confident about their bodies is being launched. The pack shows how digitally enhanced images of celebrities affect youngsters' self-esteem, and it offers advice on how to talk to children about the subject. Linda Hardy reports for the BBC:

This is what children and teenagers are increasingly faced with. **An array** of seemingly **picture perfect** faces and bodies tanned, **toned** and **transformed** from what they once were and it's that transformation that the new parent pack hopes to explain – showing parents and their children how images are **altered** in the media, the actress Keira Knightley before and after the effects of **airbrushing**. 20 year old Rachel Johnson is a recovering anorexic, and says getting parents involved is **key**.

"I think it is education for parents, it's actually being able to talk to parents, actually being able to ask those questions 'what do I do?'. And it's not there to scare parents it's there just to raise the **profile** a little bit more just to get the children to talk about body image."

Aimed at parents of six to eleven year olds it gives them **tips** on how to talk to their children about their own bodies and is available online. It follows the success of a teaching pack launched for primary schools last year which also **revealed** that images aren't always what they seem.

Vocabulary and definitions

an array	a collection
picture perfect	exactly right
toned	in good physical shape
transformed	changed completely
altered	adjusted, changed
airbrushing	alteration using computer effects
key	crucial
profile	awareness
tips	advice
revealed	explained

Read and listen to the story and the vocabulary online:

http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2012/06/120626_witn_body_confidence.shtml

More about this story:

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