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STUDY GUIDE

Body Confident Coaching 1: Introducing Body Image

Learning Objectives:

- **Understand what body image is and the potential consequences of having a negative or positive body image.**
- **Identify different concerns athletes can have about their bodies.**
- **Reflect on the influences that might be impacting your athletes' body image on and off the sports field.**

Reflect:

How do you feel about your body image?

How would you assess your overall body confidence?

What concerns about your body as an athlete do you have or did you have? Has that changed over time?

How does or how has your body image impacted your performance as an athlete?

Review:

Body image isn't just about weight and shape, what are some other examples of body image?

What things affect girls' body images?

How do gender norms and stereotypes impact body image?

What factors can cause poor body image?

Name potential consequences of negative body image and consequences of positive body image.

How does negative body image impact sports participation for girls?

How does positive body image impact sports participation for girls?

Discover:

When have you noticed body image playing a role in how athletes carry themselves, communicate, or perform?

How can a *positive* body image benefit a team culture? What might be the risks of a *negative* one?

What steps could you take to make your sport environment more body-positive and inclusive?

What role do comparison, social media, and culture play in shaping athletes' body perceptions?

What are the biggest influences on body image for athletes in sport and out of sport?

Take Action:

Reflect on your coaching language; replace one phrase you use that might unintentionally focus on appearance with one that celebrates effort, strength, or skill.

Develop one "body-positive" message or motto to reinforce throughout your season.

Make a list of 2–3 potential body concerns common in your sport — brainstorm healthy ways to address or prevent them.

Practice using neutral or performance-based feedback (e.g., "You look strong today").

Review your team's (or a local team's) posters, language, media. Do they reflect diverse, realistic body types?