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## Coaching HER® Body Confident Coaching Module 2: Tackling Negative Body Image

### KEY TERMS

#### **Social Comparison**

Comparing ourselves to other people, for example comparing our looks to those of celebrities we see in the media or our talents and skills to our colleagues or opponents.

#### **Body Talk**

Positive and/or negative comments that reinforce appearance ideals. Whether it's intended as negative (e.g., “my thighs are too big”) or positive (e.g., “you look good—have you lost weight?”), all body talk has the potential to be harmful. This is because it places emphasis on appearance at the expense of valuing our intrinsic qualities, actions, interests and activities.

#### **Body Talk Free Zone**

A commitment between teammates and teams to create a space where people avoid engaging in body talk and/or challenge this behavior when it occurs.

#### **Body Checking**

Frequent monitoring of one's body and worrying about one's looks (e.g., frequently checking out one's reflection in the mirror, adjusting one's clothes to cover up specific body parts).

#### **Body Shaming**

The act of deriding or mocking a person's physical appearance. This can include, but is not limited to, fat-shaming, shaming for thinness (or 'skinny-shaming'), height-shaming, shaming for hairiness (or lack thereof), shaming for hair color, shaming for body shape, shaming for one's muscularity (or lack thereof), shaming for one's looks (e.g., facial features) and shaming of visible differences (such as burns, scars, disabilities, etc.).