



Precursors of youth's sexual and romantic relationships



Body Appreciation



Among adolescents in secondary five (Grade 11)...



claim that they often or always **respect their body**.



indicate that they often or always feel that their body has at least **some good qualities**.



report that they never or rarely feel **love for their body**.



rarely or never feel that they are beautiful even if they are **different from the images of beauty** portrayed in the media.

According to the gender they identify with*...



Boys have a **higher** body appreciation than girls and non-binary individuals.

According to the level of education...

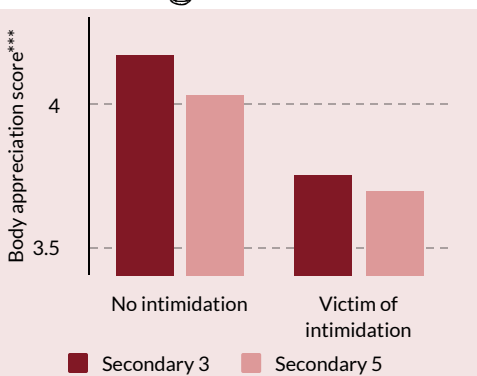


Adolescents in **secondary five** (Grade 11) have a slightly **lower** body appreciation than when they were in **secondary three** (Grade 9).

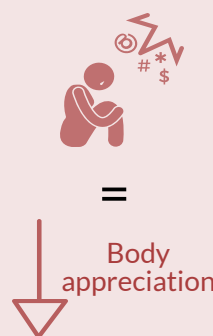
*Gender differences are statistically significant.

The literature suggests that girls move away from the **feminine thin-ideal** media image as puberty progresses (with weight gain), whereas boys move closer to their **masculine ideal** (with muscle gain, broadening of the shoulders, etc.)^{1,2}. This could explain the fact that boys may have a higher body appreciation than girls³. Moreover, several studies support a certain **stability of body image during adolescence**^{4,2}, but the evolution of body dissatisfaction can vary according to individual or environmental factors⁴. It is important to consult a professional if this reduction in appreciation is significant and problematic for the individual affected.

According to the intimidation/bullying experienced**...



- Body appreciation in adolescents is lower for those who experience intimidation.
- According to Gattario et al. (2020), individuals who have experienced victimization report a more negative body image than non-victimized individuals, an image which seems to be maintained over time.⁵



Do you need help?

Are you dissatisfied with your body? Are you having difficulties with your body image?

These hotlines are here for you:

- Kids Help Phone: 1 800-668-6868
- ANEB: 1 800-630-0907

**Differences in body appreciation according to intimidation experience are statistically significant.

***Higher scores indicate higher body appreciation.

The study on the precursors of youth's sexual and romantic relationships (PRESAJ) conducted in 2018-2021 is a longitudinal study based in Quebec which follows a cohort of adolescents from secondary three to five (Grade 9-11): 2905 adolescents participated in secondary three and 2418 adolescents participated in secondary five. This study is led by Sophie Bergeron, Ph.D., from the Université de Montréal and Jacinthe Dion, Ph.D., from the Université du Québec à Chicoutimi and is funded by the Canadian Institutes of Health Research (CIHR).

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To learn more: sophiebergeron.ca

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