

# Body-ody-ody Image

## LOVE THE SKIN YOU'RE IN!

### The C + K Corner

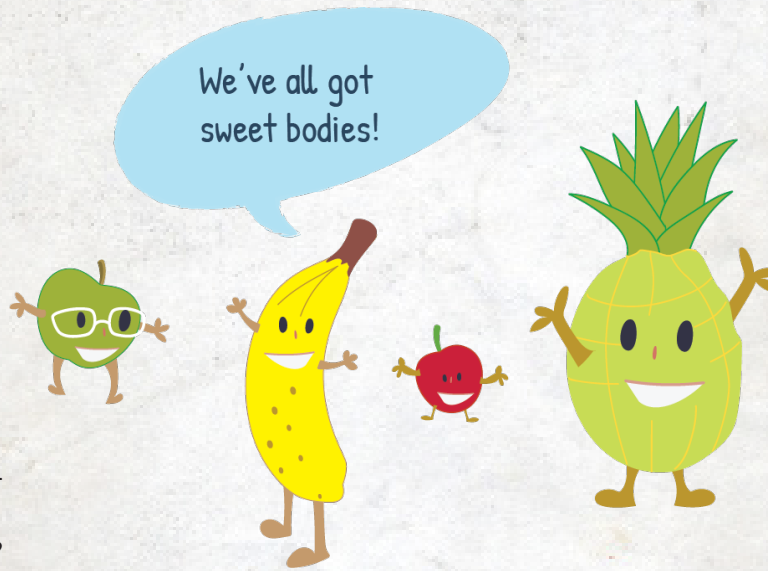
By: Chelsea Alberastine (Grade 12) and  
Kelsey Geotina (Grade 10)

Why we should treat our body with care:

We all know who created us and how we came to be, right? By God, of course. God who is our Father, and the one who created the universe. God who made us. We ourselves as humans were given a body of flesh on the outside, but how is our body on the inside? Well, we have blood and organs that help our body function, you might say, but what we mean is: how is our very being, our soul, on the inside? Our body is like a temple. If we let the holy spirit in, we have a beautiful grand temple, but if we don't, our temple is barren and abandoned.

The spirit dwells in the material vessel, the body, so that the body is the dwelling place of the spirit of God; the body is the temple of God. And when the Holy Spirit dwells in the body, that person becomes the church, the body of Christ. The human body is the dwelling place of God, and we must take care of our bodies, which are the temples of God. Taking care means that our bodies must be very clean, as they say, 'cleanness is second to godliness.' We must also ensure that we keep the body away from things that destroy, harm and defile it, such as fighting, war, killing, immorality, adultery, prostitution, fornication and all evil.

*If any man destroys the temple of God, him*



*shall God destroy; for the temple of God is holy, which temple you are' (1 Cor 3:17).*

*Do you know that your body is the temple of the Holy Ghost which is in you, which you have of God, and you are not your own? (1 Cor 6:19)*

### Science with Dafydd

By: Dafydd Ellis (Grade 10)

The science behind your own body image.

First, you might be wondering: what is my body image? Your body image is how you see yourself mentally and emotionally. This could be the way you look at yourself in the mirror, for example. Many people struggle with how they see their self, and are usually concerned with things like weight, skin or health. Society is the one to blame for all those beauty standards.

How can you have a better body image?

1. Always be positive. Do not look into a mirror and think of all the negatives, but just be positive, because positivity can go a long way.

2. Confidence is always a good habit to have. You must remember that most people are too self-conscious about themselves to worry about others.

3. Avoid comparing yourself to others. When you compare yourself to others, you start to doubt yourself.

4. Take note of all the things you are confident about. When you do this, you realize just how much you have, instead of constantly wanting more.

5. Remind yourself that you were created by God and you are perfectly and wonderfully made.

Sources: <https://www.nationaleatingdisorders.org/learn/general-information/ten-steps>  
<https://www.medicalnewstoday.com/articles/249190#negative-body-image>

### How to be Confident in Your Body

By: Avreen Brar (Grade 11)

"Happiness is not size specific". - Anna Guest-Jelly.

Having confidence is the key to a happy life. Body confidence is something many struggle

with, due to the “ideal body image” that we have today. Here are some tips you can use to learn how to accept and love your body:

1. Express yourself (ex. clothing, hair, make-up)
2. Fake it till you make it.
3. Treat your body like your best friend.
4. Curate your social media feed, get rid of all the “ideal” posts.
5. Reward your body.
6. Invest in something new.
7. Do not be afraid/ashamed.
8. Surround yourself with people that make you feel good about yourself.
9. Eat to feel good.
10. Mind over matter; if you do not mind it then it does not matter.

## Letter from the Editor

By: Emma Mowat (Grade 11)

Body image is something that we all struggle with. The idea that your body has to look a certain way for it to have worth is ridiculous, and a marketing scheme. Globally, the diet industry was worth US\$15.8 billion in 2020. It's a booming industry, but it's only become that way by enforcing the idea that there's such a thing as an “ideal body type”. Over the years, these ideals have changed. In the 90's, being extremely thin was sought after. Now, the hourglass figure is the new craze. In the next 10 years, the ideal body type could be completely different. These societal pressures can be unbearable for both men and women. Your worth shouldn't be determined by whether or not your body is trendy. If you're healthy, nothing else should matter.

Email me at [emmamowat@fvaa.net](mailto:emmamowat@fvaa.net) if you have any comments/concerns/questions about

the newspaper.

## Self Esteem

By: Khushi Gill (Grade 12)

Self-esteem is used to describe a person's overall sense of self-worth or personal value. Basically, how much you appreciate and like yourself. Self-esteem is a very important factor if you want to maintain your wellbeing. What's more, self-esteem will be vital when forming positive, healthy relationships with those around us. Yet despite this, not all of us have the same self-esteem. There are 3 types of self-esteem. However, that does not mean you can label yourself with only one.

### Inflated self-esteem

People with inflated self-esteem think they are better than others, and have no doubts about underestimating everyone else. This is a very negative self-esteem, as it holds them back from establishing affectionate and healthy relationships. For these people, happiness is found in achieving success, but the reality of the matter is that they do not attain happiness with this attitude. They are not capable of correcting their own errors and, as such, they are constantly blaming others. It is very difficult for these people to establish healthy relationships with others. They always see everyone else as competition.

### High self-esteem

People with this type of self-esteem accept and value themselves. It is a self-esteem that is known to be positive, as it manages to make the person satisfied with their life. Believing in yourself and trusting in who you are is what characterizes people who possess this type of self-esteem. They just have the security necessary to avoid letting negative circumstances and events throw them off balance. However, even among those with high self-esteem, there are people who can indeed be seen off-balance. That is to say, they are not able to constantly maintain this high self-esteem.

### Low self-esteem

People who have low self-esteem are the

opposite of those with high self-esteem. They do not value themselves, they do not trust in their possibilities, and insecurity that they may be feeling is carried over into almost every situation. People with low self-esteem have moments of euphoria when everything is going right for them, but when things start to go bad, their self-esteem drops very quickly. They are sensitive people who are easily influenced and who tend to show their opinion, but without defending it. They have very little trust in themselves, they undervalue themselves, and they have such a great fear of messing up that they constantly believe that they do not measure up to the circumstances.

Now, at the end of this you should know what self-esteem is. Just keep your head up and don't fall down. You always have to believe in yourself no matter what.

## The Historic Inauguration of Biden

By: Ansh Dhaliwal (Grade 9)

It has happened! Joe Biden is OFFICIALLY the 46th President of the United States! It all unfolded on the 20th of January in 2021. It kicked off with Biden and Kamala arriving on the capitol, along with three former U.S. presidents: Barack Obama, Bill Clinton, and George Bush, along with their wives. However, Donald Trump boycotted his successor's inauguration, for the first time in 150 years. Many women were seen wearing a purple-colored dress, a symbol of the women's suffrage movement. Then we saw history unfold upon us, as both Kamala Harris and Joe Biden took the oath of office. After that, Joe Biden and his wife, Dr. Jill Biden, did a rather short parade to their new home, the White House. Then, they went on their first air force one flight to the unknown soldier's memorial. Then business started, as Kamala Harris headed to the senate to swear in the three new senate members. Meanwhile, Joe Biden signed six legislative orders that included a mask mandate, entering the Paris climate agreement, and many more. After that, the Biden administration hosted a virtual “Celebrating America” event, which includ-



ed celebrities such as Demi Lovato, Justin Timberlake, John Legend, Jon Bon Jovi, Tim McGraw, Tyler Hubbard, and Ant Clemons. Then, it ended with some fireworks coming from the national mall. It was exciting to see our neighbors have a switch of power and make history. This inauguration has given us some great memories, such as the first black female vice-president, a great poetic speaker; Amanda Gorman, and of course, Bernie Sanders.



By:

## Body Image and Self-Efficacy

By: Caleb Onyango (Grade 9)

Self-efficacy... what is it? Self-efficacy is the belief that you are able to effectively perform tasks needed to attain a valued goal. In simple terms, it's how confident you are in your abilities. An example of this is academic self-efficacy; how good you think you are at any subject. Imagine you have a science test. There are many factors that can affect the score you'll get on the science test, but the two that usually matter the most are whether you studied enough and whether you think you're good at science. Sometimes the difference between two different test results is a person's self-efficacy. How good someone thinks they are at something can improve or worsen the score he or she receives on the test. If you think you're bad at something, you'll probably perform badly. Self-efficacy doesn't only apply to school. It can apply to pretty much anything. How good you think you are at sports can affect how well you do in whatever sport you might play. How well you think you are at cooking can affect your culinary skills. How well you think you are at making friends, solving crossword puzzles, running, jumping etc. can affect your performance in all those fields.

The higher your self-efficacy is, the better you think you are at something. The lower it is, the lower your confidence is in performing whatever task is at hand. Many things can affect your self-efficacy. If you're in high school, you probably think grade five math is easy. Being in a higher grade and having gone through that grade has raised your self-efficacy to the point that you think grade five math is easy now. If you're in grade five, you probably think grade one math is easy and so on. Grade level is just one of the many things that can affect your level of self-efficacy. One of the things self-efficacy is connected to is body image. Body image is how you picture your body. Having a negative outlook on your body can affect your life in negative ways. Thinking you're unfit and lazy can cause you to actually become unfit and unhealthy. Thinking you are not fit or unhealthy might discourage you from working out. Having a high-efficacy towards what your body can do will make you more willing to do new things and/or help you improve more on what you're already doing with your body. In short, believe in yourself.

Source: <https://nobaproject.com/modules/self-efficacy#abstract>

## @thebookofbenjamin

By: Tehzeeb Beniwal (Grade 10)

Interview with Pastor Ben

### How could perspectives of your own body image be harmful?

Your perspective of your own body image could be harmful because the way you look doesn't automatically determine health, and the standard that you are judging yourself by can usually be unrealistic.

### What are the main contributors to the way you see your body? How?

Definitely instagram models, actors, musicians... people who commit their time and all their money to looking a certain way and don't have any responsibility that can distract

them from that.

### Any advice to students at FVAA who struggle with accepting their body image?

Yeah, my advice is that it's important to love yourself, because otherwise you'll always be chasing something. In the creation story, the bible tells us that God says when He made man and women, He said it was good without describing how they looked. So, no matter what you see on social media or TV, God says you're good, no matter what you look like, and that's an important standard to go by.

### How often do you set goals for yourself?

Everyday. I try to reevaluate my goals and stuff every month.

### What's one thing you wish you could change? Or took you awhile to accept?

Um, I kind of don't know what to say. Something I wish I could change... well, that I'll always be a big person no matter what, because I'm tall and everything, and if I'm skinny, I'll still be tall. I need to accept that I'm a big person, and that will always be how I appear to people, but that doesn't need to be a negative thing. For a long time I would assume that my being a big person, people wouldn't like me, and think I'm ugly and that I'm scary, but that's not true. There's more to your identity than your size.

### What's one thing about yourself you absolutely love?

I love that I'm a bigger person, and I can lift a lot more. I kind of force myself to make myself stronger with my size.

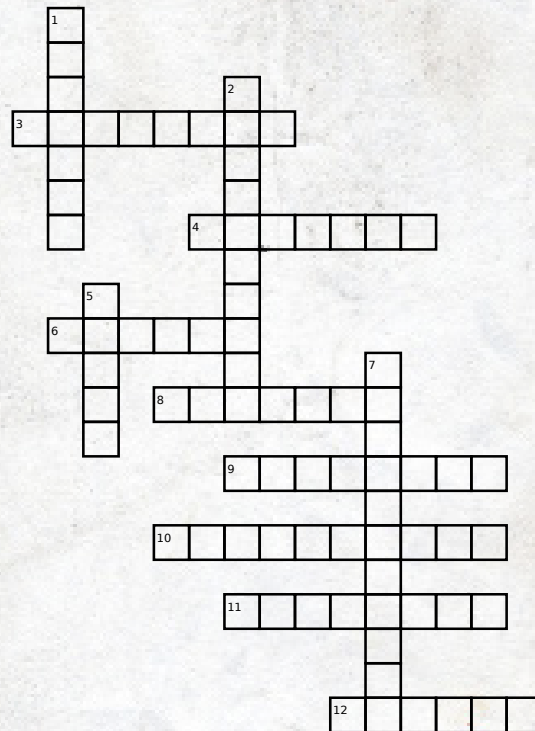
### What's your favourite anime show currently?

Jujutsu Kaisen.

### What's your favourite show currently?

Cobra Kai ( let's goooo! ).

# Crossword Puzzle



## Down:

1. binge eating is usually 40% men
2. confidence in one's own worth or abilities
5. something we feel when we are humiliated, or feel at fault about our appearance
7. a particular attitude toward or way of regarding something; a point of view

## Across:

3. abnormal or disturbed eating habits
4. we may try to eat this way this year (lots of veggies, protein, and goodness)
6. making something different
8. when we look at Instagram, the thing we shouldn't do when we see others (the thief of joy)
9. the only person that has a say about your body
10. a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities
11. the outlook we should all have on our bodies (the opposite of negative)
12. a usual fitness goal we try to achieve