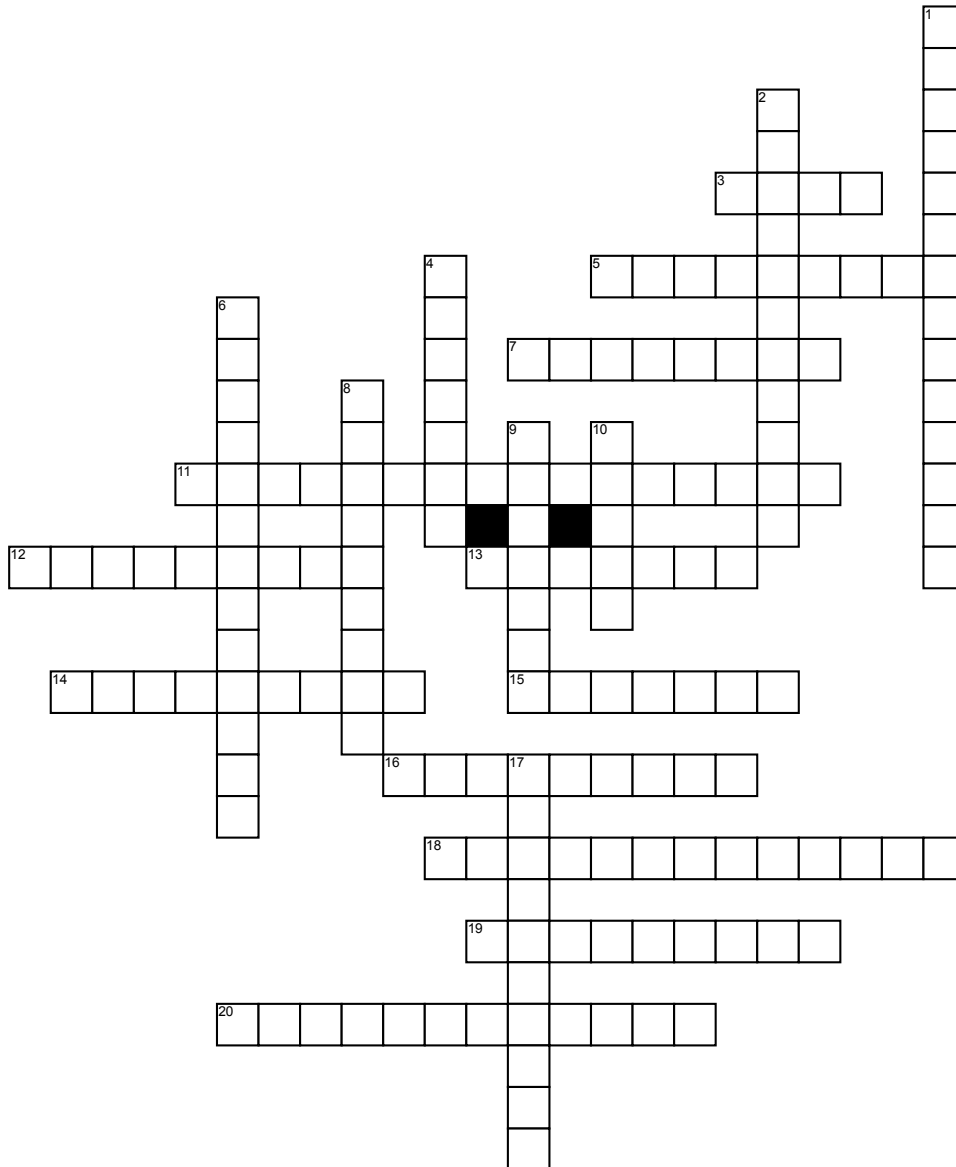


Guys Guide to Body image



Across

3. Treating yourself well over time results in a healthier, stronger _____
5. A mental image of yourself _____
7. When guys compare their selves it can be _____
11. If you don't feel like your big enough and have bad self image you could talk to a _____
12. Changes in your body image usually happen during these years _____
13. Changes happen to the body during this period of time _____
14. Many guys feel they don't measure up even those whose _____ you envy _____

15. Some people _____ faster than others during puberty _____

16. If the other guys are larger than you, you might feel like you don't _____

18. This happens to guys when they are the only ones they notice that are going through changes in the body _____

19. How you think of yourself _____

20. To be critical of how you look in others perspective ie. cloths, hair _____

Down

1. The image guys get from ads, magazines, and social media on how their supposed to look _____

2. A change in your body can be tough to deal with _____

4. Unlike girls guys are less likely to talk to their _____ about their body _____

6. Try not to let the minor _____ take over your self image and body image _____

8. Having a positive body image means feeling pretty _____ with the way you look _____

9. When you have finished puberty you have _____

10. What is handed down from your parents and relatives that affect how your body changes _____

17. Confidence in one owns looks, worth's and abilities _____