

# Consider your image selection when communicating about body image and eating disorders

Using diverse images, seeking permission before using images of a person with lived experience, and using images that are hopeful and encourage help-seeking is recommended.

## Preferred

- ✔ Images that show a diversity of body shapes and sizes, cultures and demographics, including men
- ✔ Images that show the whole person, or people undertaking a variety of activities
- ✔ Images that relate to health and wellbeing, and hope of recovery

## Problematic

- ✘ Image use that only reflect stereotypical or extreme experiences of eating disorders that ignores the diversity of experiences of eating disorders
- ✘ Focussing on body parts associated with being underweight (e.g. ribs, collarbone and thigh gap) can lead to greater body dissatisfaction or disordered eating behaviours
- ✘ Images including methods, measurements or items used in weight loss may prompt others to take similar action