



Conversations that Matter: Talking with Teenage Girls



Reality Check

Remind your daughters:

- Most images online are edited, posed, or digitally altered.
- Influencers often portray a life that's carefully curated, not real.
- Constant comparison can fuel low self-worth, anxiety, and self-harm behaviors.



Start the Conversation

You don't need to have all the answers. What matters most is showing up.

- "I've noticed how social media can make people feel like they're not good enough. Do you ever feel that way?"
- "Some of what we see online isn't real. Can we talk about how it makes you feel?"
- "If you're ever feeling overwhelmed, sad, or hurt – I'm always here. You're not alone."
- "Do you know you're beautiful?"



Changes in Behavior

- Withdrawal from friends or family
- Sudden mood swings or irritability
- Wearing long sleeves in warm weather
- Negative talk about their appearance
- Changes in self-portrayal on social media



If You Suspect Self-Harm

- Let her know you love her, no matter what.
- Encourage open dialogue, without shame.
- Reach out to a mental health professional for guidance and support for both yourself and daughter.



Reassurance

- Your worth isn't defined by what you see online
- Real beauty comes from within, such as confidence, kindness, authenticity
- Everyone struggles and asking for help is a sign of strength



HelpGuideThrive.org

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