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Complete the sentences. You can use only one word.

### Why do people body shame?

**YOU WERE  
BORN to BE  
REAL NOT to  
BE PERFECT**

**LOVE  
your body**

*fall in love  
with taking  
care of your  
body*

Body shaming is 0) when people say bad things about how someone looks, their size or shape. It's a kind of behaviour that can really hurt 1) ★★★ person's feelings and even their health.

Here are some reasons that experts believe why people body shame others.

It often happens because people have formed certain ideas 2) ★★★ how people should look. The worst thing is that social media makes these ideas more famous. If someone doesn't match these ideas, they might 3) ★★★ bad comments, which can make them feel bad about themselves.

- People who feel bad about themselves might body shame others. It can make them feel better about their 4) ★★★ problems and feel more in control. Also, in some situations, people believe that making fun of others can make them more popular or liked. This is the worst of all as such people continue body shaming even if they know it is a bad thing.
- Sometimes, people don't understand 5) ★★★ hurtful their comments can be. If people don't know that saying unkind things about someone's appearance is hurtful, they might do it 6) ★★★ meaning to. Teaching people about why it's wrong can help stop this.

To stop body shaming, it's important to encourage positive feelings about our bodies. Everyone is different, and that's okay. Beauty exists 7) ★★★ all shapes, sizes and colours.

People need to feel good about themselves, no matter what others think.

To make things better, we need to teach people about body positivity, help them understand the effects of hurtful comments, and create a world 8) ★★★ everyone feels important and accepted for who they 9) ★★★.