



The Message



Oh my goodness, I just saw pictures of me in that dress... I have completely the wrong body shape for it - what a mistake!!

I'm not going to go to the school dance, I'm feeling really fat today.

I feel so self-conscious about my massive ears, I wish I hadn't had my hair cut short.

Just got told I have to wear braces on my teeth... end of the world! See you in a year!

Nobody at school is going to like me if I can't get into these tight fit jeans, I better lose some weight.

Summer's round the corner! Can't wait for the sun, CAN wait to get my horrible fat legs out.

My feet are huge!! They look ridiculous in my summer shoes.

OMG I'm so flat-chested, there's no way I'm going to wear a bikini to the beach.

OK I have to lose weight, and fast. I am never going to get a boyfriend/ girlfriend looking like this.

She could have the body of a supermodel if she really wanted it.