



YOUTHHEALTHTALK.ORG

Young people talking openly about health, illness & lifestyles

YOUNG PEOPLE, WEIGHT AND HEALTH

Hi! My name's **Krysia** and I'm a researcher at the University of Oxford. I'm looking for young people to contribute to a new section of www.youthhealthtalk.org on **weight & health issues**. I'm looking for young people aged 12-20 to talk about:

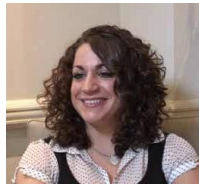
gaining weight	body image	exercising (or not!)	body shape
	food	diETING (or not!)	losing weight
eating	body size	being told you're overweight	
	struggling with weight		

What's involved...

I would ask you about your experiences and views in an **interview** (face-to-face, by telephone or via the internet). You can also share your experiences through a **video/photo diary**, poems, drawings or photos.

I will then put clips from your interview on our website: you can **choose** whether we use a video, audio or text clips **and** you can be completely **anonymous** or even have an actor speak your words!

At one school I was very unhappy - I alternated between not eating because I wanted to lose weight and be like the other girls, and then comfort eating. There is pressure to be like the other people your age."



Ella



Duncan

I'm so much fitter and so much lighter I can do things in sports that I may have struggled with when I was heavier.

For more information, call, text or email me, **Krysia**. If you then decide you don't want to take part - **no problem**.

Thanks!

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