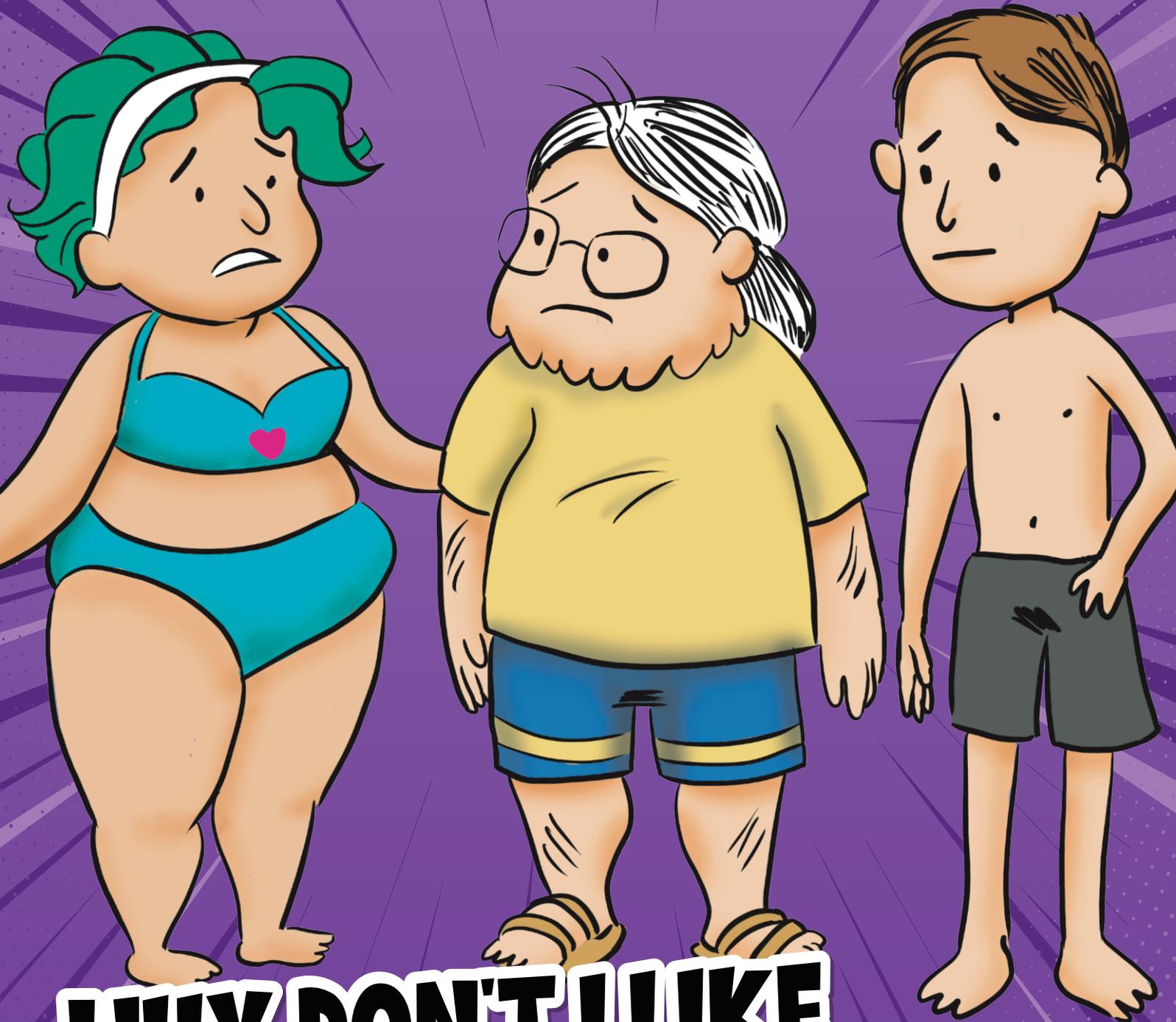


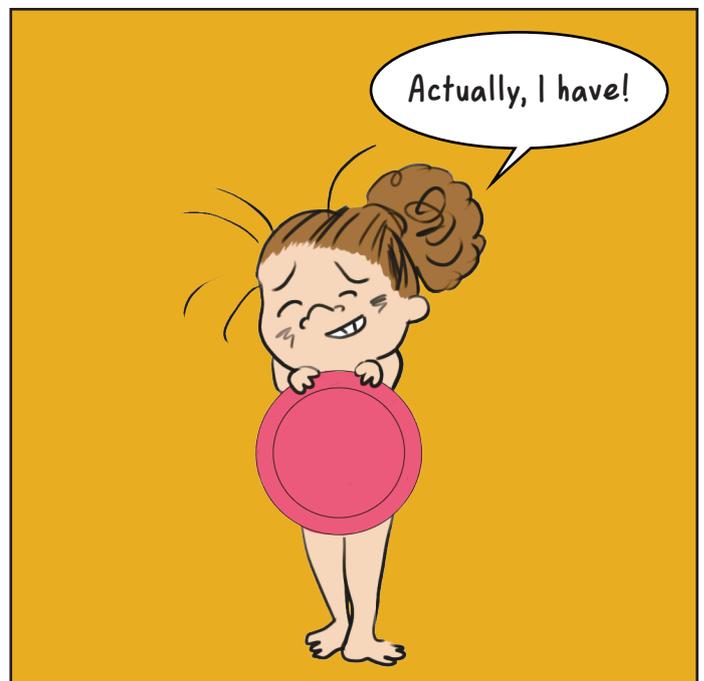
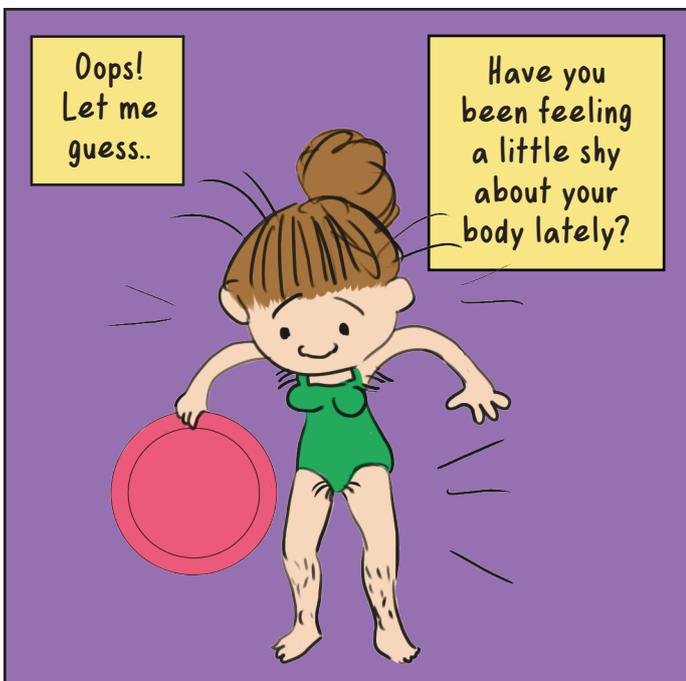
# amaze COMICS



**WHY DON'T I LIKE  
THE WAY I LOOK?**

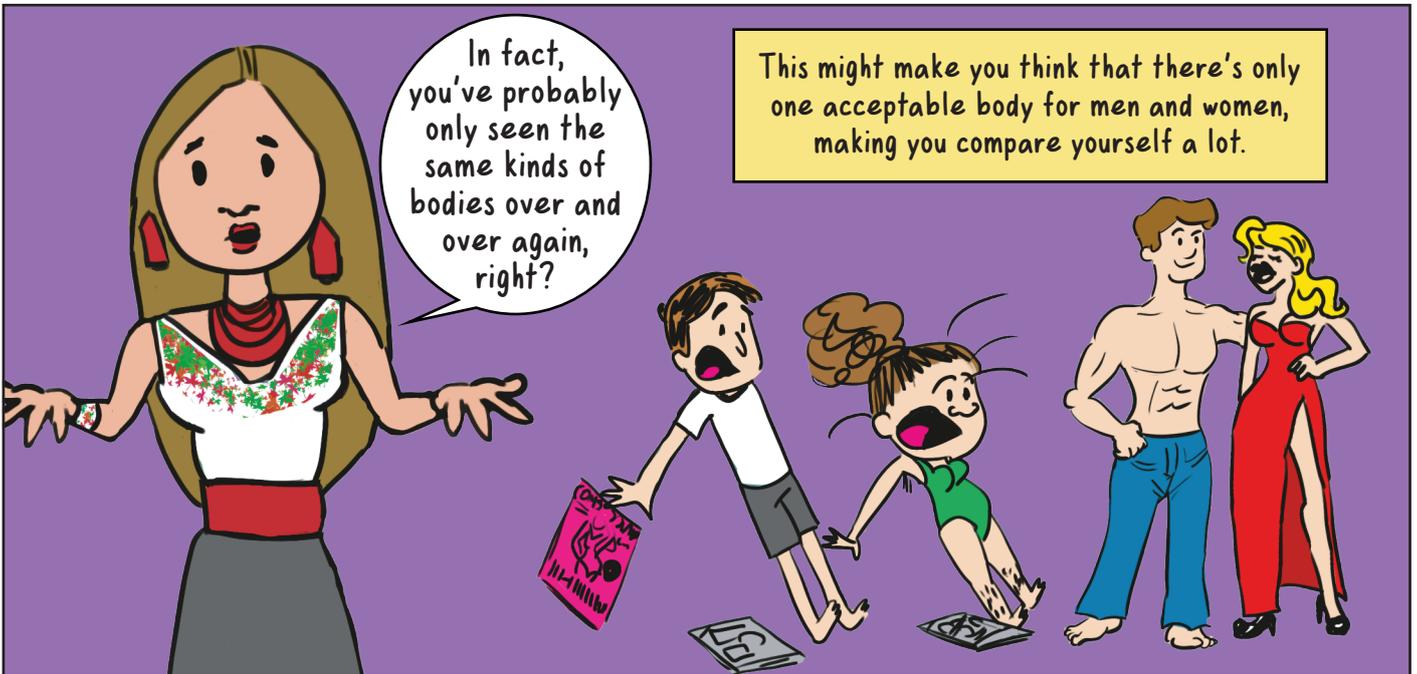


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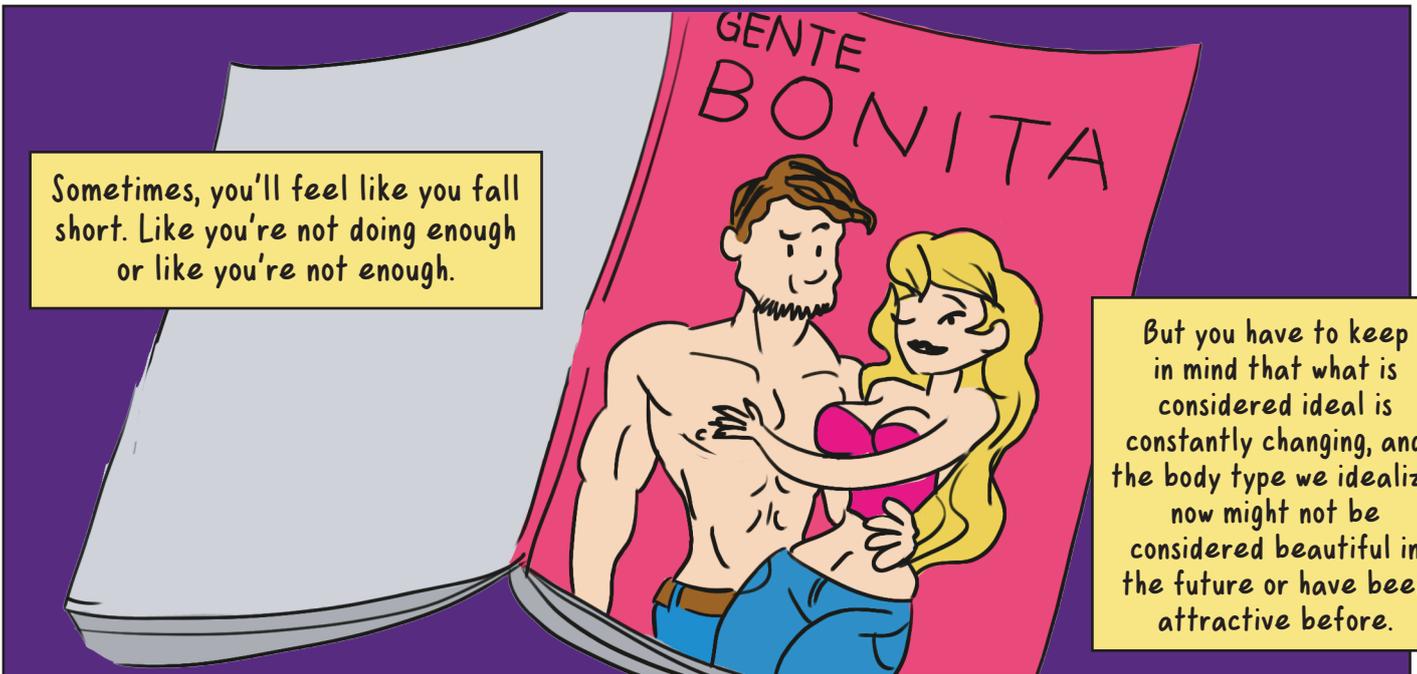


Body image is how you see your own body and how you compare it to the bodies you see on the street, TV, magazines, movies, and social media.



In fact, you've probably only seen the same kinds of bodies over and over again, right?

This might make you think that there's only one acceptable body for men and women, making you compare yourself a lot.



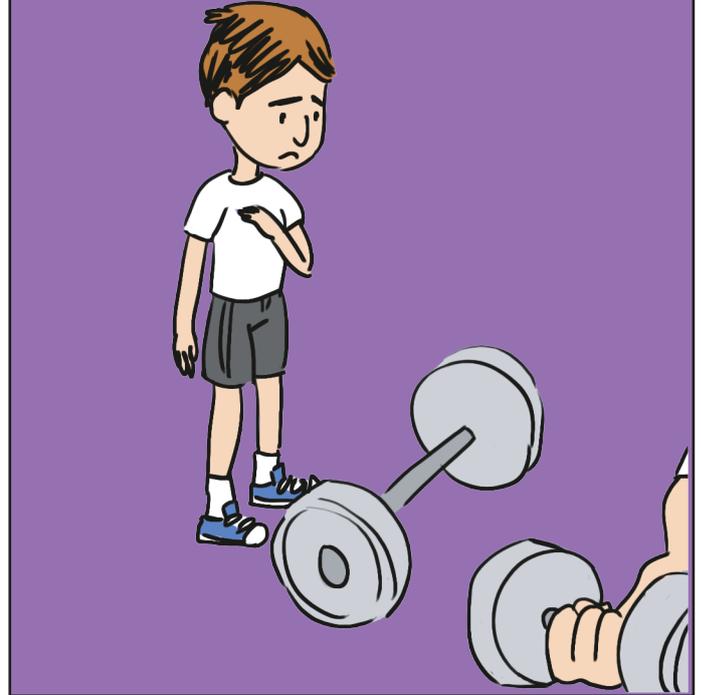
Sometimes, you'll feel like you fall short. Like you're not doing enough or like you're not enough.

But you have to keep in mind that what is considered ideal is constantly changing, and the body type we idealize now might not be considered beautiful in the future or have been attractive before.

Standards are constantly changing...  
to the next unattainable thing!



The thing is that boys are just  
as affected by body image as  
girls are. But society has made it  
unacceptable for boys to talk  
about it, which is so unfair!



There's a lot of pressure on boys  
to be strong. So some start going to  
the gym really young. But they  
don't always know what exercises  
are right... or how to do them  
safely. And pushing too hard can  
end up hurting their bodies.

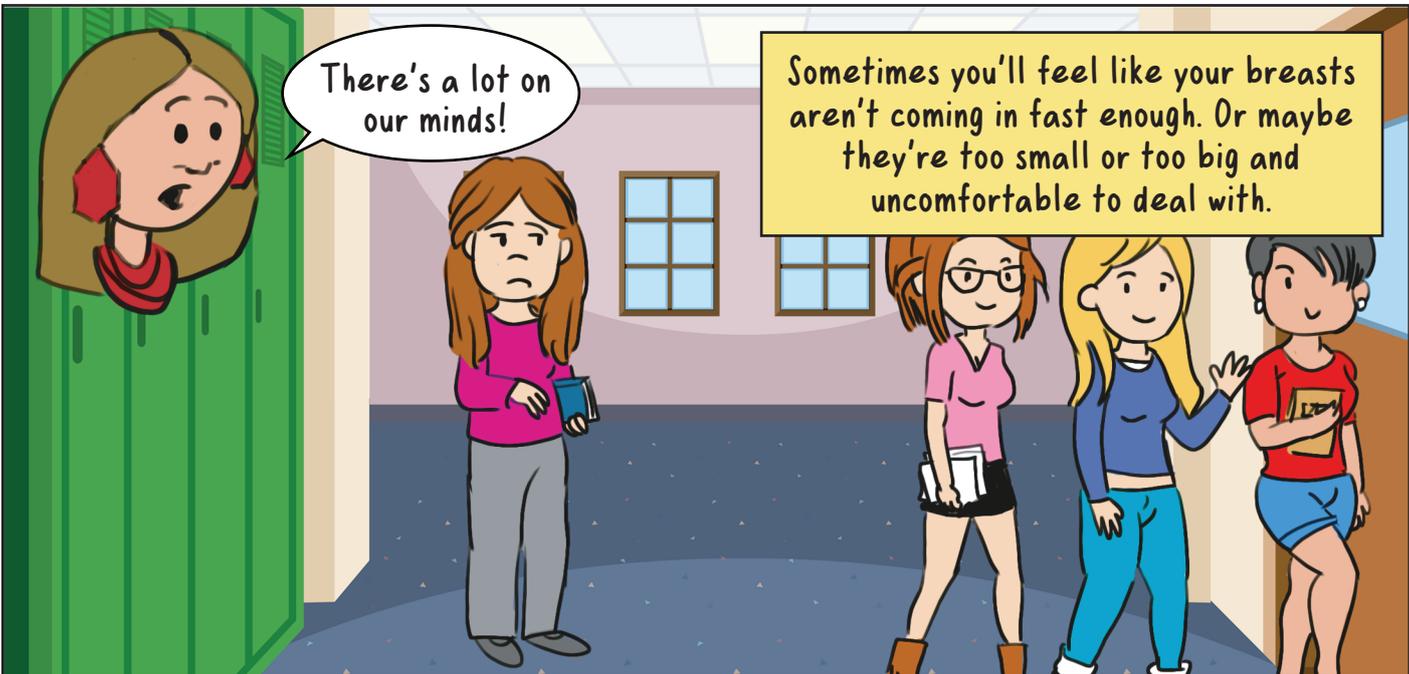
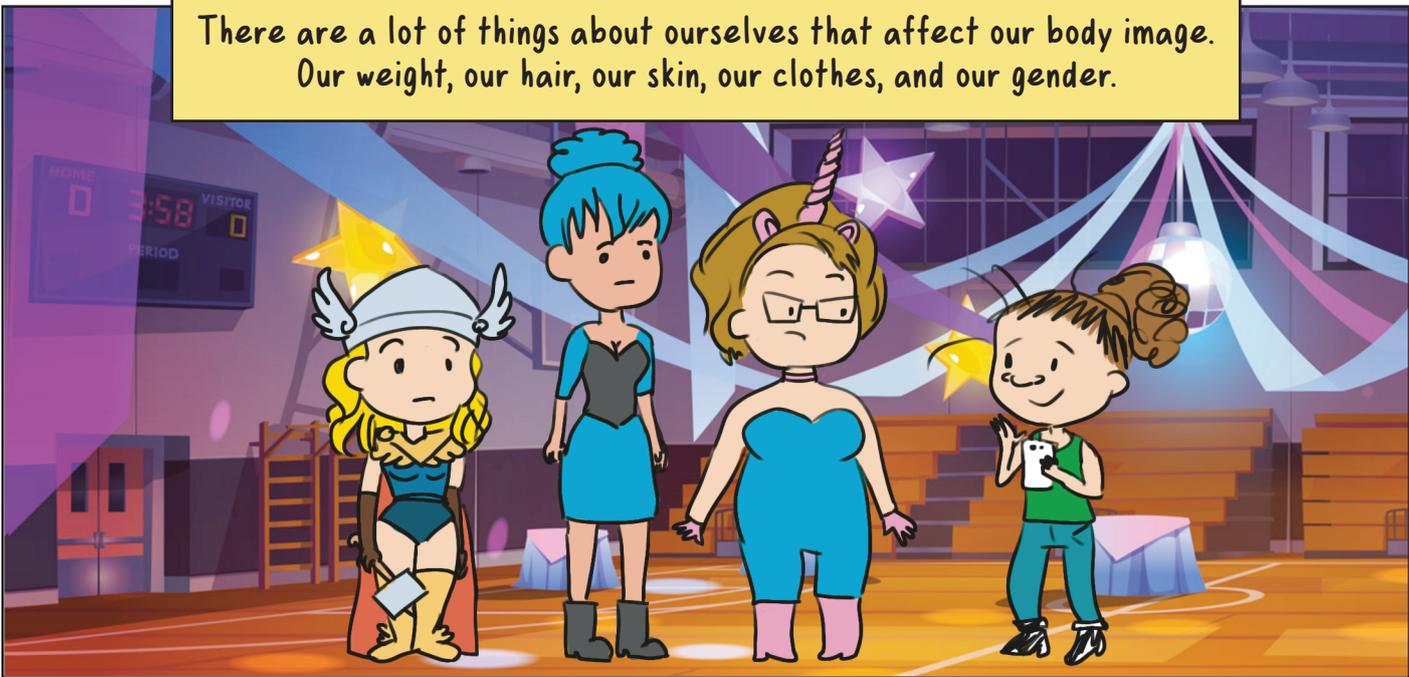


Remember, your  
health is more important  
than how you look. There  
will be plenty of time  
to lift weights.

Exercising your  
mind is far more  
important!

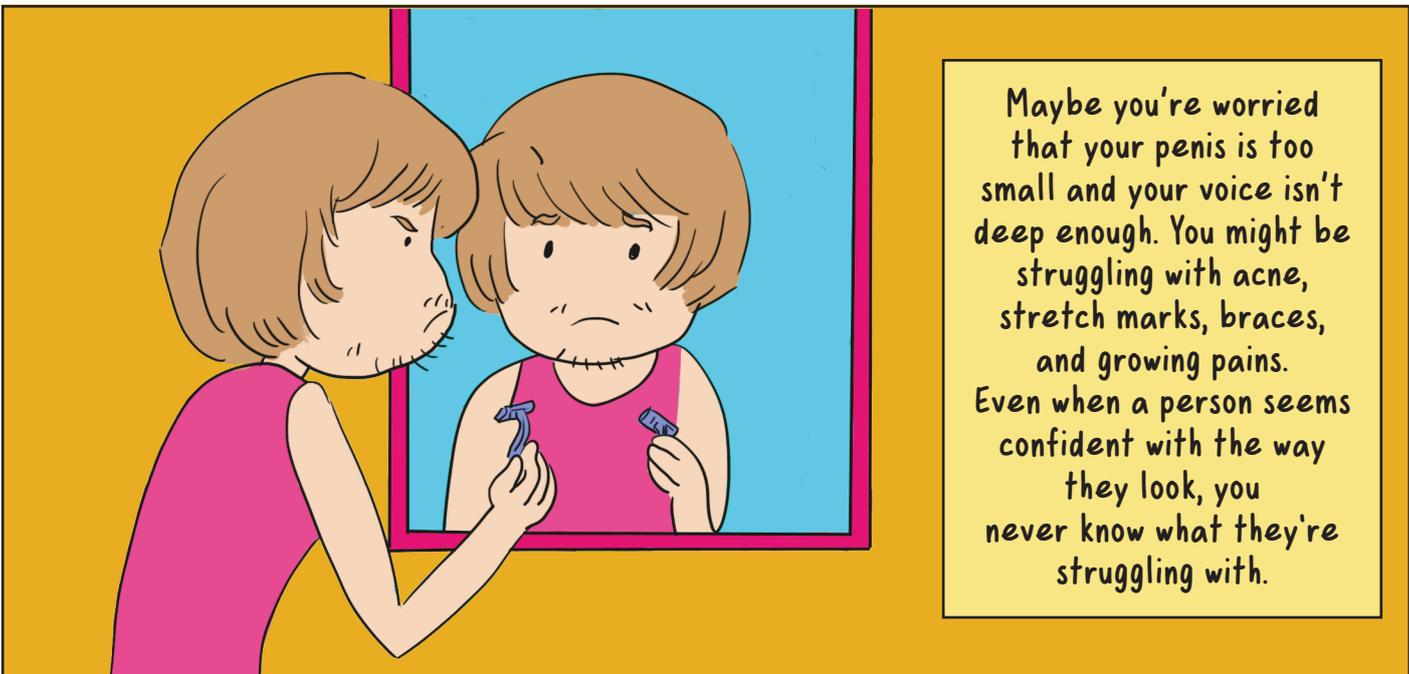


There are a lot of things about ourselves that affect our body image. Our weight, our hair, our skin, our clothes, and our gender.

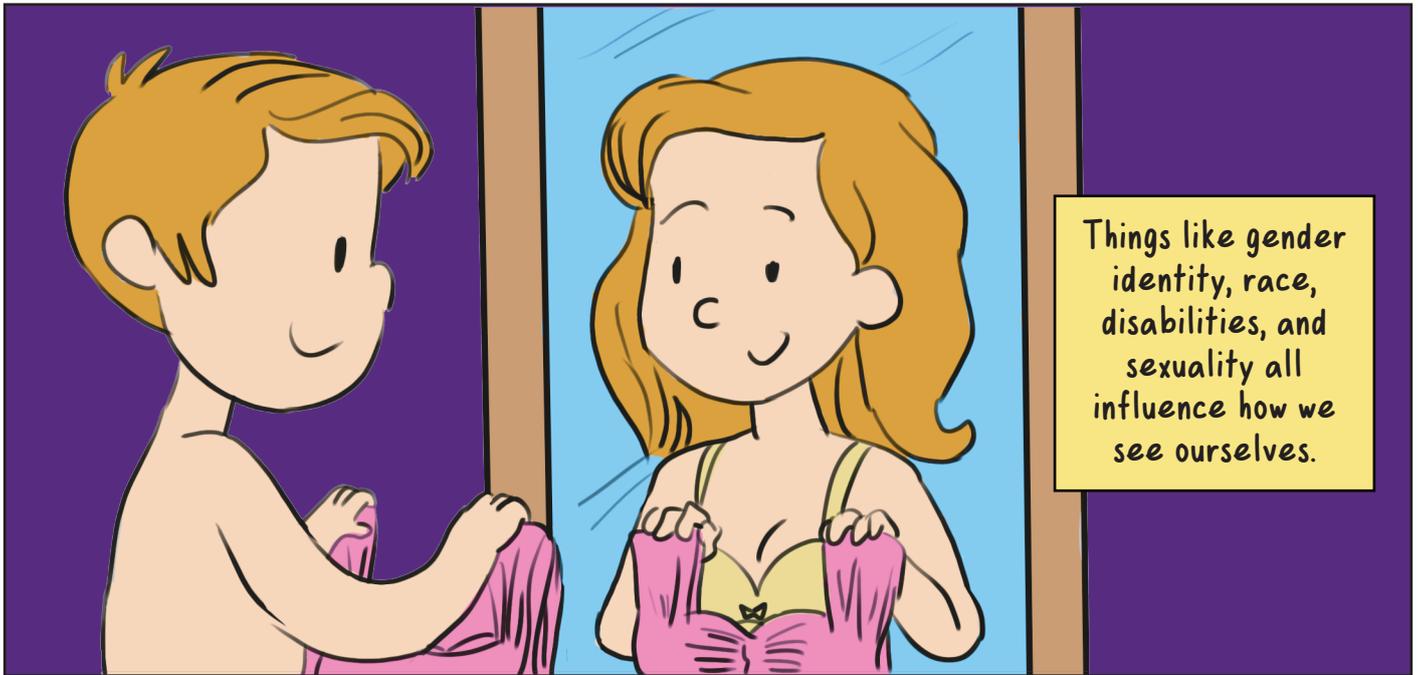


There's a lot on our minds!

Sometimes you'll feel like your breasts aren't coming in fast enough. Or maybe they're too small or too big and uncomfortable to deal with.



Maybe you're worried that your penis is too small and your voice isn't deep enough. You might be struggling with acne, stretch marks, braces, and growing pains. Even when a person seems confident with the way they look, you never know what they're struggling with.

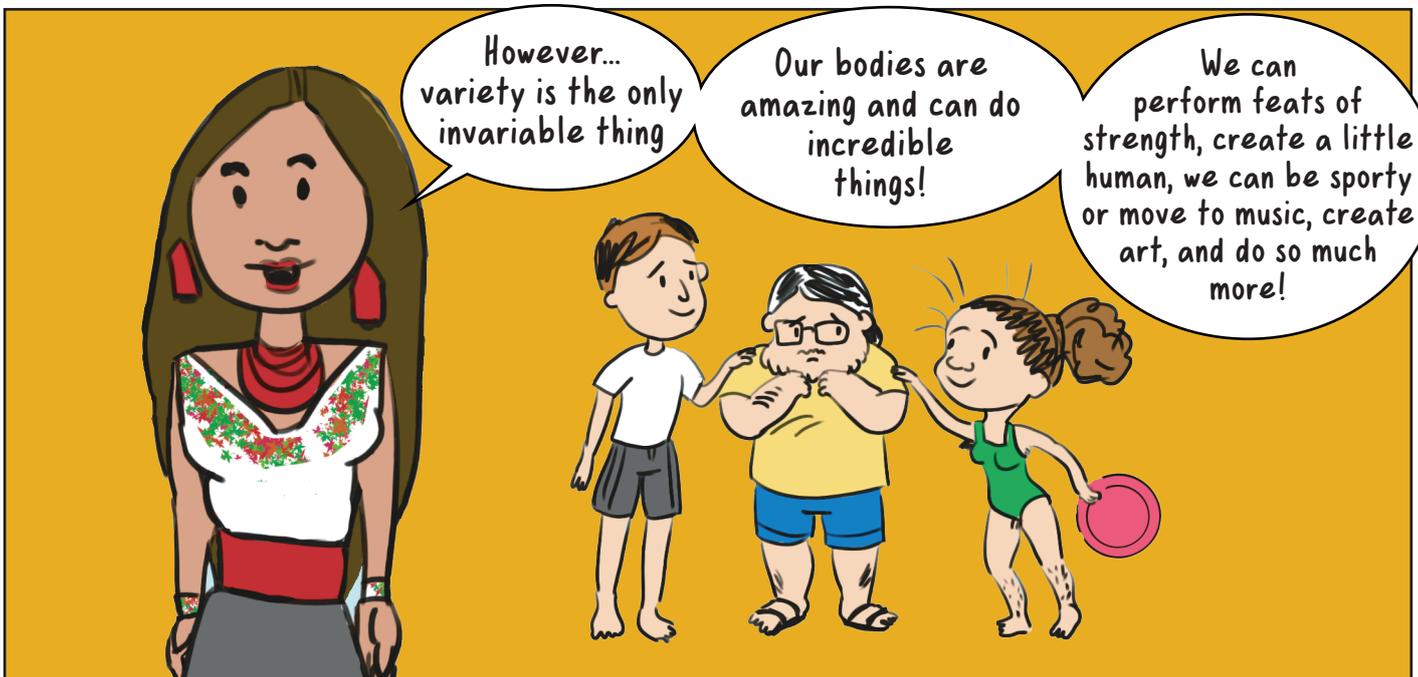


Things like gender identity, race, disabilities, and sexuality all influence how we see ourselves.



But from time to time we all have something about our bodies that we wish we could change.

Some people judge their bodies more harshly than others. This can damage their self-esteem and make them feel bad about themselves.



However... variety is the only invariable thing

Our bodies are amazing and can do incredible things!

We can perform feats of strength, create a little human, we can be sporty or move to music, create art, and do so much more!

Wear what makes you feel like your best self. Stay healthy, do things that make you happy, and be kind to yourself and those you care about!



After all, we're all just skeletons on the inside.

See you next time!





## DID YOU KNOW...

Self-esteem refers to how individuals perceive and evaluate themselves. It encompasses their thoughts and feelings about their physical appearance, personal traits, accomplishments, values, and other characteristics, all of which contribute to maintaining stable mental health.

Self-acceptance involves acknowledging both one's strengths—such as talents, positive qualities, and values—and one's limitations. It is the practice of embracing oneself fully, just as they are.

# educa

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**GRUPO  
MONO  
COMICS**

**Sexualidad  
Sin Misterios**

