

Body image concerns are a serious problem for young people of any gender

But, I am Media Smart is here to help.



Do you feel unhappy with your body?

Do you feel guilty about food or exercise?

Does social media impact your mood?

Take a positive step to a happier you

I am Media Smart is a research trial of two versions of Media Smart, a fully online, confidential program found to help those with body image concerns.

Open to all Australians 13-25 years-old

<https://mediasmart.flinders.edu.au>

We know time is precious

As an appreciation of your time, a voucher will be emailed to those who complete all 4 surveys

You are worthwhile and worth taking care of. Start Now.