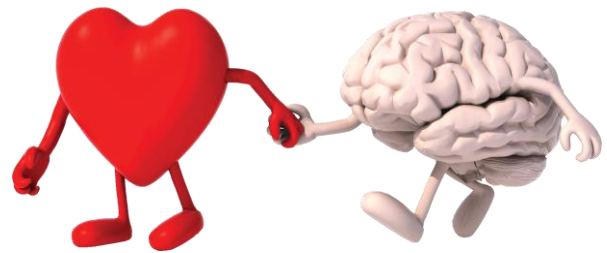


Minding your body!

We are inviting Year 6 and Year 7 girls (with their parents' permission) to take part in University research about how aware girls are of their bodies and how they feel about them

What would you have to do?

We will ask each girl to focus on her heart beats while we measure her heart rate. She will then play a computerized game in which she can shrink or enlarge a body on the screen while answering some questions about how she feels



We will test each girl by herself, for about 20 minutes, in school, during the school day

Why are we doing this?

We are investigating how being mindful of our bodies helps us keep a healthy body image while we are growing up

- Each girl will be given a badge that reads: 'I'm a young woman in science'
- She can ask us about the brain!
- And talk to us about Psychology, Universities and exciting careers
- Parents will also receive a summary of the conclusions

Please visit our website for more information:

<http://manostsakiris.com/index.php/research/intheself/intheself-idevelop-adolescence/>

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