

WHAT DO  
YOU NEED  
TO  
#MAKEITGOOD?

*Feeling good for being you.*

(16/Dundee/Female)

WHAT DO  
YOU NEED  
TO  
#MAKEITGOOD?

*Feeling happy about  
yourself, feeling like you're  
with the right person.*

(16/Dundee/Female)

WHAT DO  
YOU NEED  
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#MAKEITGOOD?

*Feeling like you can be who  
you are.*

(16/Dundee/Female)

WHAT DO  
YOU NEED  
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*Being able to voice your  
opinion.*

(17/Dundee/Female)

WHAT DO  
YOU NEED  
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*How a person feels when  
they are not nervous about  
expressing themselves.*

(17/Dundee/Female)

WHAT DO  
YOU NEED  
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*Having confidence to be  
free with your partner.*

(16/Dundee/Female)

WHAT DO  
YOU NEED  
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*Confidence is key on the path  
of getting laid.*

*(16/Dundee/Male)*

WHAT DO  
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*Not worrying about what  
people think.*

*(16/Dundee/Female)*

WHAT DO  
YOU NEED  
TO  
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*Feel confident in your own  
body.*

*(>16/Dundee/Female)*

WHAT DO  
YOU NEED  
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*When you've had a drink you  
become a bit of a different  
person. You get more  
confidence.*

*(Focus Group 9/Dundee)*

WHAT DO  
YOU NEED  
TO  
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*Sending nudes like.*

*(18/PK/Female)*

WHAT DO  
YOU NEED  
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*Magazines destroy it*

*(21+/Angus/Female)*

WHAT DO  
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*Some people don't like their body image which can make them feel not confident in themselves.*  
(17/Dundee/Female)

WHAT DO  
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*When society influences people to feel uncomfortable about their own body and effects (who) they are.*  
(17/Angus/Female)

WHAT DO  
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*All the guys are buff; the girls are pure models. All judged on their appearance and nothing lasts because they have nothing in common. We need to see all shapes and sizes... Girls get ill to make themselves look like that .*  
(Focus Group 13/Dundee; discussing reality TV shows)

WHAT DO  
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*Body image is another really big issue with males and females as there is so much pressure through social media etc. to look like a model type person.*  
(20/PK/Male)

WHAT DO  
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*It's about body image – guys and girls – like the Calvin Klein adverts. It means girls expect something when you take your top off – 'is that it?' – and you pull your pants down – 'is that it?'.  
(Focus Group 14/PK)*

WHAT DO  
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*There's a look – you could almost build the ideal guy or girl.*  
(Focus Group 8/PK)

WHAT DO  
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*There's pressure to look like how guys expect you to look, like even if I feel sometimes that my body lets me down. Like if I look in the mirror and think 'fuck, why don't I look like so and so.'*

*(Focus Group 8/PK)*

WHAT DO  
YOU NEED  
TO  
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*Don't be fat.*

*(16/Angus/Male)*

WHAT DO  
YOU NEED  
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#MAKEITGOOD?

*I am big and don't feel sexy.*

*(21+/Dundee/Male)*

WHAT DO  
YOU NEED  
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*I feel like I cannot be loved because I am plus sized.*

*(16/PK/Female)*

WHAT DO  
YOU NEED  
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*I'm not blonde haired, blue eyes, 6 foot 1, ripped, low body fat man. It hurts.*

*(16/Angus/Male)*

WHAT DO  
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*I think for guys they feel they should be a certain way or do certain things, you know like be all self-tanned and muscly. It's really important to them, they think about it a lot.*

*(Focus Group 9/Dundee)*

WHAT DO  
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*In a relationship I feel like I  
have to keep my belly in as I  
look fatter than others*

*(16/PK Male)*

WHAT DO  
YOU NEED  
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*Nervous about how  
I look.*

*(18/PK/Male)*

WHAT DO  
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*It means you're  
comfortable in the  
relationship to have sex  
and you feel you're ready  
to start a new phase.*

*(16/Dundee/Female)*

WHAT DO  
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*You never seem to love  
yourself for who you are.*

*(17/PK/Male)*

WHAT DO  
YOU NEED  
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*Difficult. Upsetting.  
Stupid.*

*(>16/Dundee/Female)*

WHAT DO  
YOU NEED  
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*I have sometimes felt  
uncomfortable in my  
body.*

*(>16/PK/Female)*

WHAT DO YOU NEED TO  
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*If you do not feel comfortable with your body image, then finding a relationship may become difficult. However, when it comes to sex you often find those with little confidence will abuse their body by sleeping around, or the complete opposite and have no intimate relations at all.*

*(21+/Dundee/Female)*

WHAT DO YOU NEED TO  
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*Most people will tend to avoid those who do not suit their standard of body image, for example, an athletic male will tend to for a tall slim female however he will avoid speaking to a female who is plus size.*

*(18/Angus/Male)*

WHAT DO YOU NEED TO  
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*I have been depressed for a while, cut and all that shit and I have over eaten A LOT. I went from being 10/11 stone to 14 within a year. I am thinking about the future when I meet someone (possible Prince Charming) but I don't want to be this when I meet him, I don't know what to do I think I have tried about everything and I just don't know what to do :(*

*(>16/Dundee/Female)*

WHAT DO YOU NEED TO  
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*I have always been insecure about my body and it kind of went away when I had my first boyfriend but after we broke up he called me fat to all his friends and I'm more insecure than ever now.*

*(16 /PK/Female)*

WHAT DO YOU NEED TO  
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*This is a thing that bothers me. I don't want boys to see me with my top off because I am scared they don't like how I look and they tell their friends that I am fat. I always keep my top on.*

*(>16/Dundee/Female)*

WHAT DO YOU NEED TO  
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*It should not be about body image because for a relationship it should be more about personality than body.*

*(16/Angus/Male)*

WHAT DO  
YOU NEED  
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*There's a difference  
between the image and  
what you really want I  
don't want some skinny  
girl.*

*(Focus Group 14/PK)*

WHAT DO  
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*I don't like certain parts of my  
body, but my boyfriend says it's  
"fine", "perfect" etc, and my  
boyfriend doesn't like certain  
parts of his body, although I tell  
him it is "fine"... Although we tell  
each other constantly, why is it  
so hard to believe?*

*It's frustrating!*

*(18/PK/Female)*

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*I'm really self-conscious about my body and the way I look and how other people see me. It makes it hard to believe anyone can find you attractive and it makes it difficult to love. I'm not skinny or pretty, I don't have boobs like most girls my age and I feel disgusting, if that's how I feel within myself how can I possibly expect someone to see me and think different. It affects my relationships and ability to have a sexual relationship because I'm ashamed of my body and don't want people to see it even though I was with my partner for a long time and really we both wanted to take our relationship to the next stage it was very difficult to try and allow them near my body and in the end we haven't had sex because I'm too insecure to let them close enough to me.*  
(16/Angus/Female)

*After looking at magazines and pictures of celebrities, it is very hard to feel confident about yourself when with your boyfriend. I have been with my boyfriend for 5 years and still breathe in when I'm naked around him. I don't sit down without a t-shirt on either in case he thinks I'm "fat" when I sit down. We have been on holiday numerous times together and even then I covered up as much as I could. I go to the gym, I eat healthy and I have a great support network around me of which is my friends who feel the same as me although we are all off the same size and basically the same weight and shape. There isn't enough support for girls at High school or college to feel "normal" and to be shown from boys at school or college that a girl with curves is attractive. More needs to be done about this!*  
(21+/Dundee/Female)

WHAT DO  
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*I've always had an issue with my body image - I still do now. To me, I find it hard to live up to what is stereotypically thought of as a sexy body image - abs, big chest, v-line, biceps. After a lot of hard work in the gym, I have all those, but I'm still not happy with the way I look. I would identify as having body dysmorphia - I don't think I'll ever be happy with my physique. I find this incredibly difficult during sex - I'm constantly thinking of how I'm holding myself, my frame, to ensure I still look physically attractive. To me, what's on the outside is just as important as the inside, and so my vanity isn't just vanity, it's something I need to have to feel happy.*  
(21+/Angus/Male)

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