

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**Session Four, Exit Exercise #8:**

**Letter to a Younger Girl**

Please write another letter to a younger girl (approx. three pages) telling her how to avoid developing body image concerns. Use any of the information you have learned in these sessions, and any additional ways you may think of on your own. The goal is to help her understand what she can do, say, avoid, or learn that will help her develop or maintain a positive body image.