

# Suicide Prevention

Putting **Sex Appeal**  
Into Emotional Health



😊 IonlySLEEPinbed! 😊

## Female Body Image



**Q.** What's the fastest way  
2 make a teenage girl  
Depressed?\*

**A.** Hand her a  
glossy  
fashion  
magazine!\*

*\*"When she compares herself with all those collagen enhanced, air brushed, digitaly altered supermodels, she's guaranteed to feel inferior or downright unattractive". \*Dr Russ Harris – 'The Happiness Trap.'*

**Q.** Does Female Body Image (FBI) only concern Women and Girls?

**A.** ANY Male who's in a mixed gender family or relationship, and who fathers and parents - needs to know and understand too.

**Q.** FBI does not cause significant stress? True or False?

**A.** It causes **HUGE** Stress, **Unhappiness**, **Sexual Disharmony**, **Sickness**, **Relationship Breakdown**, **Depression** and **Suicide**. Worldwide.

**\*\*'What Men (really) Want – in bed'\*\***

This wonderful book by psychologist, social commentator and sexologist Bettina Arndt is a must read for BOTH Genders. She writes with humour, love, and non judgemental *gender equality*. It's no coincidence the first 20 page chapter is on FBI. (\*\* + \* above - available online for around \$30 AU.)

If U, UR partner, family member/friend etc is struggling with FBI, strongly encourage them to get some professional \*help PRONTO.

With more understanding of FBI issues, U AND UR partner might just...

😊 **\*GetmoreandbetterSEX!\*** 😊

\*Emergency 000. \*Any Doctor. \*Lifeline 13 11 14.

Created by sheep farmer Tim Barritt. Barossa Valley. S.A.