

EVERY BODY FOR EVERYBODY

Daily reminder:

Your body is the least interesting thing about you.

justtalkherts.org/realbodies

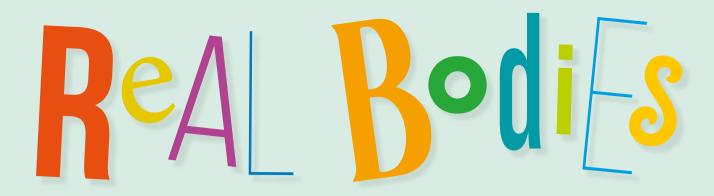


0808 196 2228



Young people, parents/carers and professionals can call First Steps ED for free with any body image questions or concerns they have.

Visit the Just Talk website **justtalkherts.org** for help and advice around body image and how to stop social media making you feel bad about your body.



EVERY BODY FOR EVERYBODY

Daily reminder:

See your reflection in the eye of people who love you.

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EVERY BODY FOR EVERYBODY

Daily reminder:

Talk to yourself like you would to someone you love.

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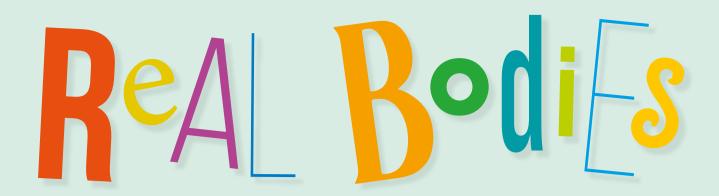


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EVERY BODY FOR EVERYBODY

Daily reminder: Don't measure yourself using someone else's ruler.

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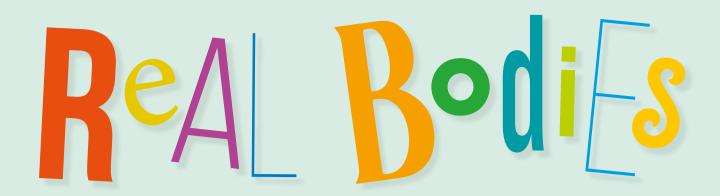


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EVERY BODY FOR EVERYBODY

Daily reminder:

Value your being over your body.

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EVERY BODY FOR EVERYBODY

Daily reminder:

"Love yourself for Who you are"

Barclay Academy student

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EVERY BODY FOR EVERYBODY

Daily reminder:

"Other people's opinions don't define who you are"

Barclay Academy student

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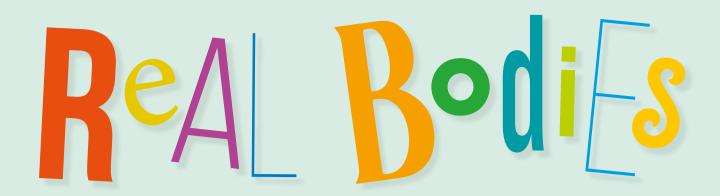


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EVERY BODY FOR EVERYBODY

Daily reminder:

"Every body is different don't try to act or look like others"

Barclay Academy student

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EVERY BODY FOR EVERYBODY

Daily reminder:

"It would be boring if everyone looked the same"

Barclay Academy student

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EVERY BODY FOR EVERYBODY

Daily reminder:

"You are the most important person in your life"

Marriotts School student

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EVERY BODY FOR EVERYBODY

Daily reminder:

"Don't compare yourself to anyone - especially not on social media."

Marriotts School student

justtalkherts.org/realbodies

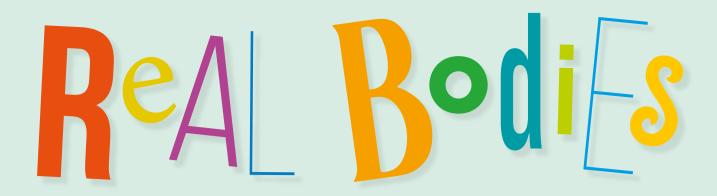


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EVERY BODY FOR EVERYBODY

Daily reminder:

"Love yourself before you begin to love others."

Saint John Henry Newman School student

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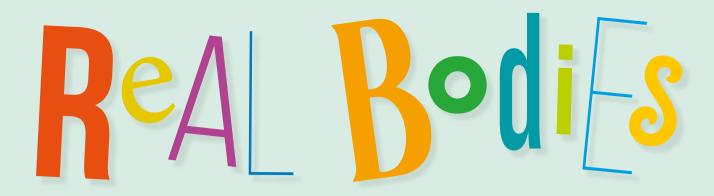


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EVERY BODY FOR EVERYBODY

Daily reminder:

"Don't try to look like someone else."

Saint John Henry Newman School student

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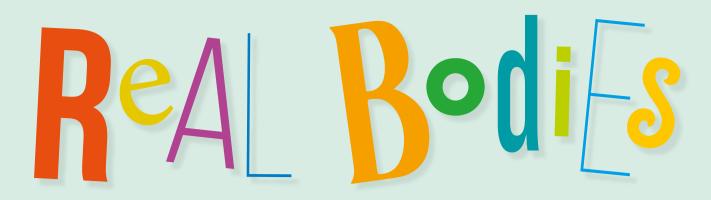


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EVERY BODY FOR EVERYBODY

Daily reminder:

"Accept your body for what it is"

Saint John Henry Newman School student

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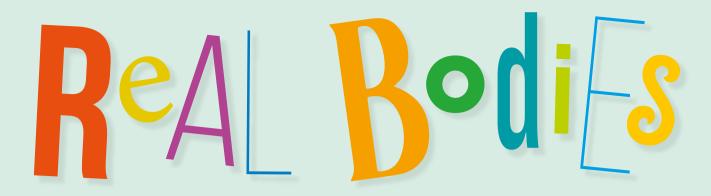


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EVERY BODY FOR EVERYBODY

Daily reminder:

"Recognise that your body is not everyone's main focus"

North Herts College student

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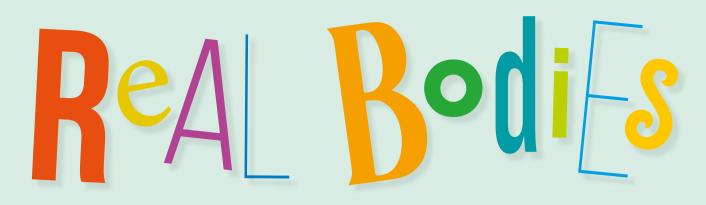


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EVERY BODY FOR EVERYBODY

Daily reminder:

"Embrace your insecurities"

North Herts College student

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