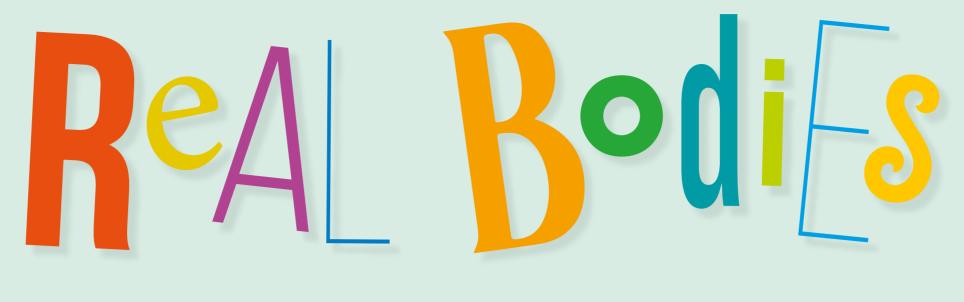


Daily reminder: Your body is the least interesting thing about you.

justtalkherts.org/realbodies

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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.



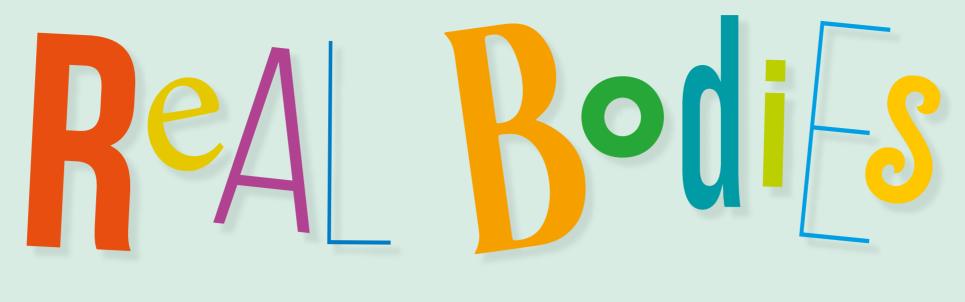
Daily reminder: See your reflection in the eye of people who love you.

justtalkherts.org/realbodies 0808 196 2228



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Daily reminder:

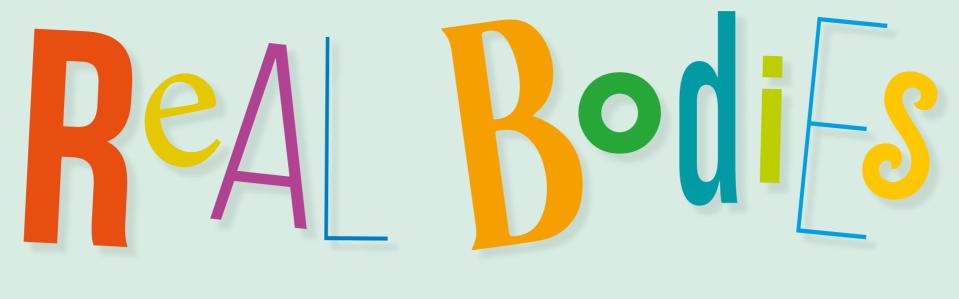
Talk to yourself like

you would to someone you love.

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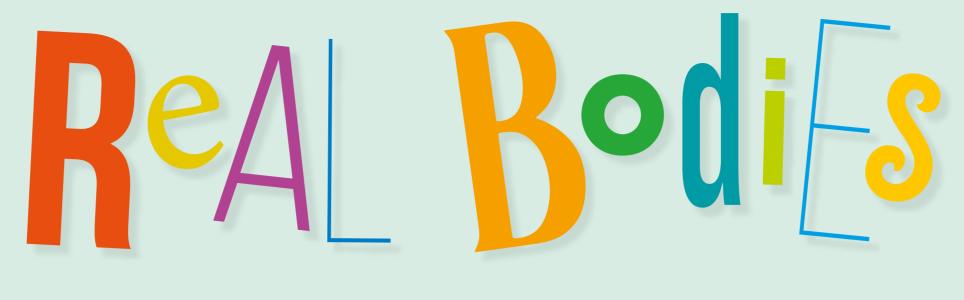
Daily reminder: Don't measure **Yourself** using someone else's ruler.

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Daily reminder:

Value your being

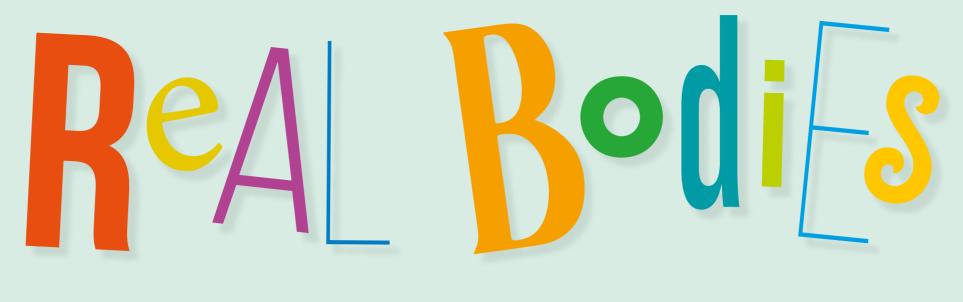


justtalkherts.org/realbodies 0808 196 2228 IIISTTAL



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Daily reminder:

"Love yourself

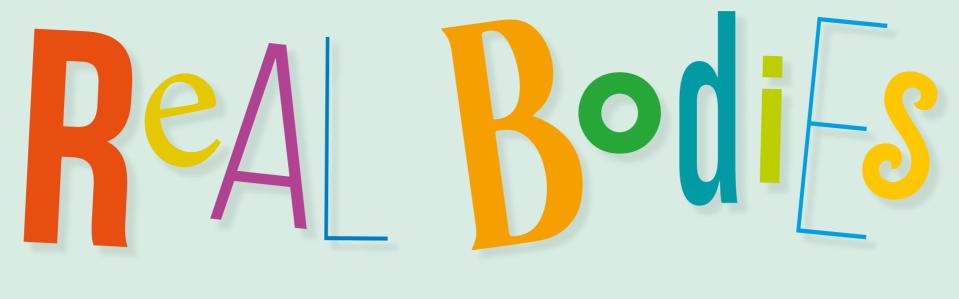
for Who you are"

Barclay Academy student

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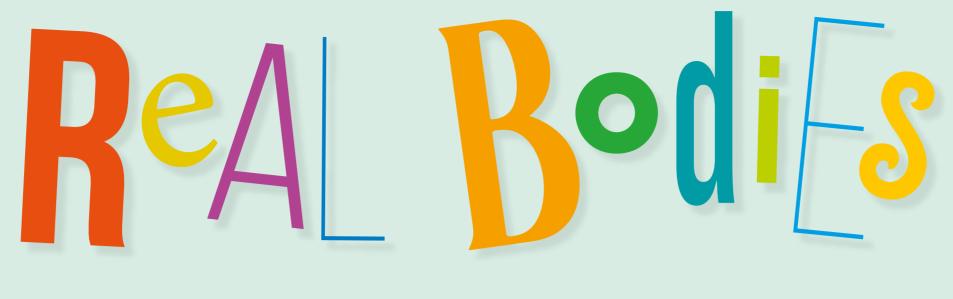


Daily reminder: "Other people's opinions don't define who you are" Barclay Academy student

justalkherts.org/realbodies

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Daily reminder: "Every body is **different** don't try to **act** or **look like others**"

Barclay Academy student

justalkherts.org/realbodies 0808 196 2228

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Daily reminder:

"It would be ring if everyone

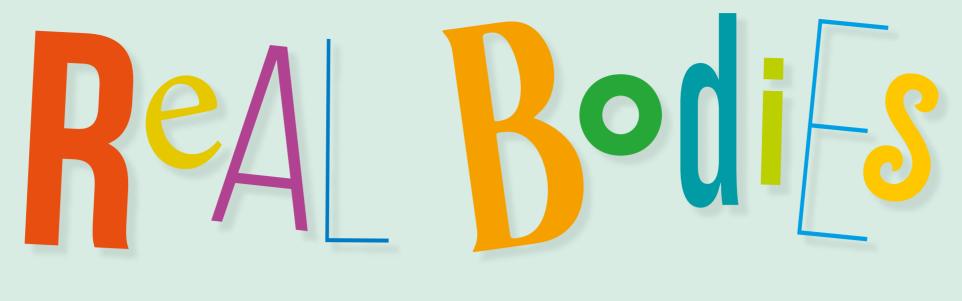
OOKEC the Same"

Barclay Academy student

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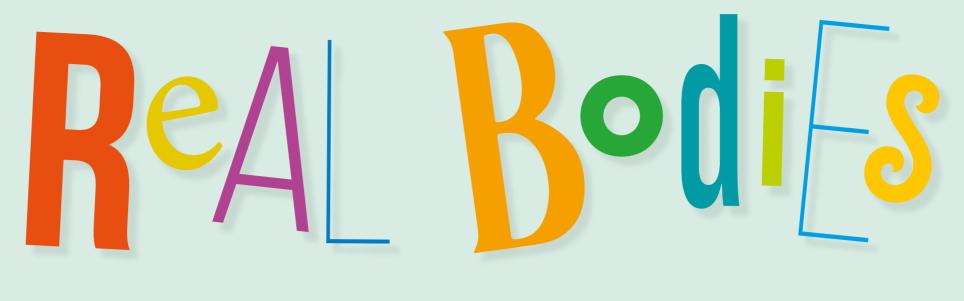


Daily reminder: "You are the most important person in your life" Marriotts School student

justalkherts.org/realbodies

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Daily reminder: "Don't compare yourself to anyone - especially not on Social media."

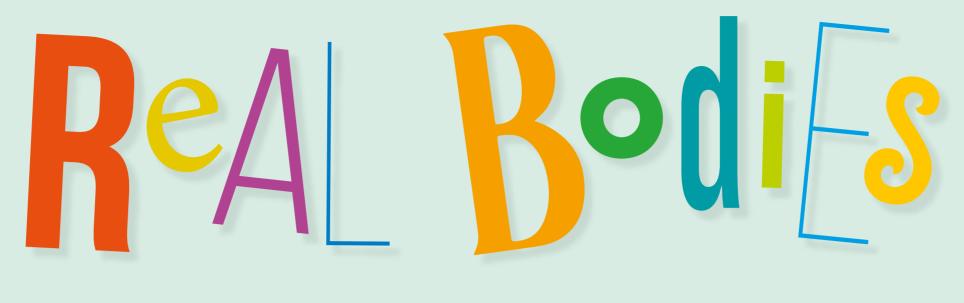
Marriotts School student

justtalkherts.org/realbodies 0808 196 2228



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Daily reminder:

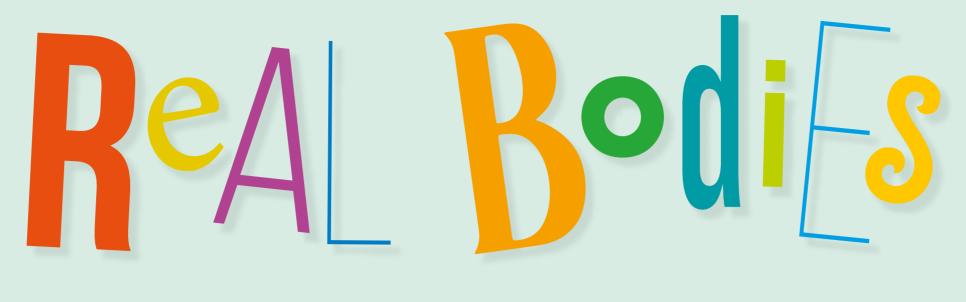
"Love yourself before you begin to love others."

Saint John Henry Newman School student

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Daily reminder:

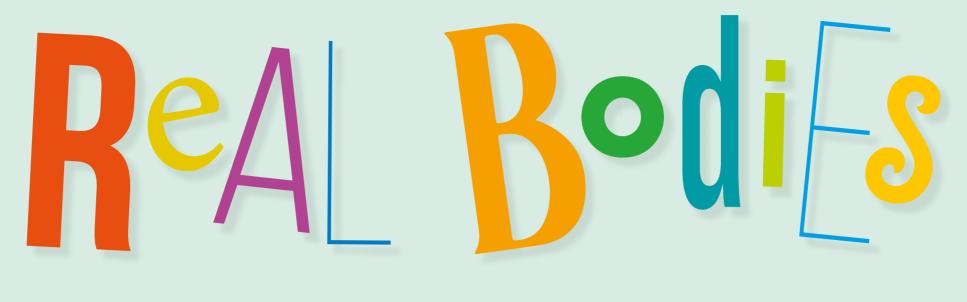
"Don't try to look like someone else."

Saint John Henry Newman School student

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Daily reminder:

"Accept your body for what it is"

Saint John Henry Newman School student

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REAL BODY FOR EVERYBODY

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

North Herts College student

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REAL BODY FOR EVERYBODY

Daily reminder:

"Embrace your

insecurities"

North Herts College student

justtalkherts.org/realbodies

OBOB 196 2228



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