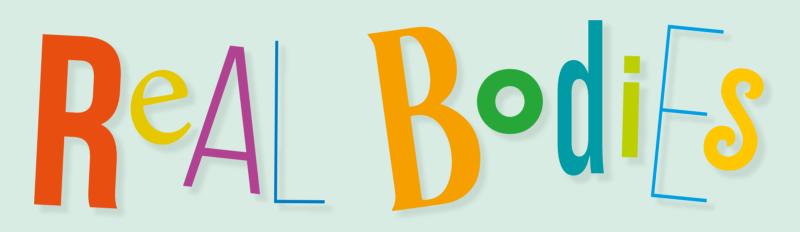
## "Be happy with yourself don't worry about what other people think"

We are all different, we are all the same - celebrate yourself. You can find out more about positive body image at justtalkherts.org



IN HERTS

EVERY BODY FOR EVERYBODY

## 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.

