

“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](http://justtalkherts.org)

ReAL Bodies

IN HERTS

EVERY BODY FOR EVERYBODY

[justtalkherts.org/realbodies](http://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.

