

HOW TO BE BodyKind



Move your body in ways that are fun and
that you enjoy.

Move your body for your wellbeing, your
mood, your life, for sports.
Rather than for how you look!



ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH BODY IMAGE?

You are not alone. Talking helps; is there a trusted friend, adult or teacher you can talk to?
Not sure where to start or what to say? Our trained counsellors on the
Butterfly National Helpline can support you www.butterflynationalhelpline.org.au



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