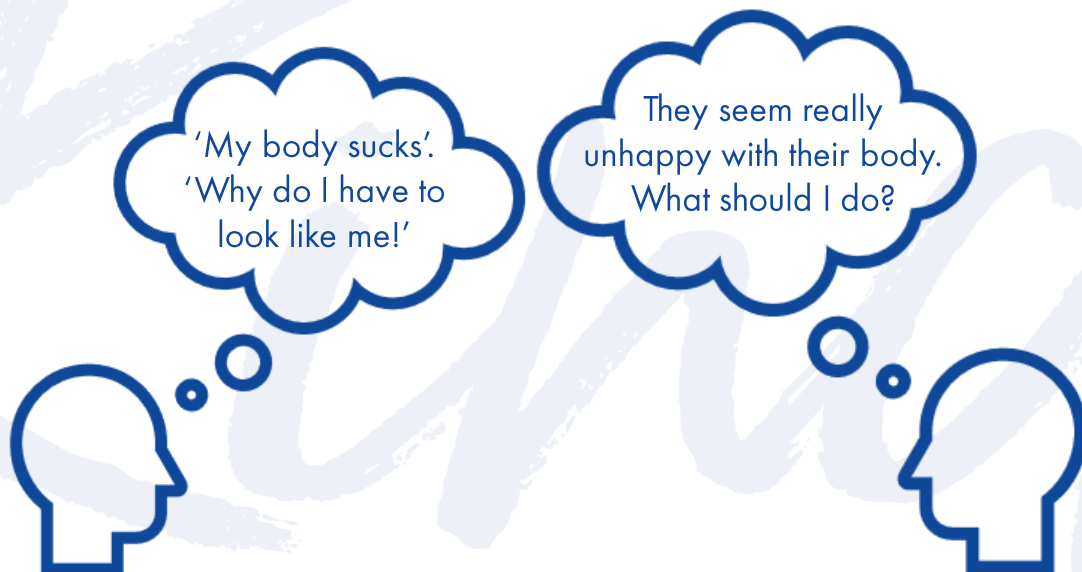


HOW TO BE BodyKind



It is not always easy to like, love, accept
or feel comfortable in your body.
It's also not always easy to be BodyKind.

Be there for yourself. Be there for your
friends and mates. Talking helps.



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



Butterfly

BUTTERFLY.ORG.AU