

HOW TO BE BodyKind



Use *kind* and positive language to talk about
and to your own body and self.

If talking about others use *kind* and
positive language.

Face to face. Online. Everywhere.

Be Body *Kind*.



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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