



KNOW body image and the role social media plays. Be your authentic self every day.

IDENTIFY the power appearance content holds. What tricks are used to make us want to fit the stereotypical mould?

NURTURE all bodies with compassion online. A BodyKind space allows everyone to thrive.

DISRUPT the algorithms and online negativity. Be a BodyKind creator and help take a stand.

Having a tough time with your body image?

1. Choose an adult you trust.
2. Connect in a way that feels most comfortable to you; Text, DM, snap, email, call, go for a walk
3. Take a breath and ask 'Can I talk to you about something?'
4. If they say 'yes', take a breath and share how you're feeling.
5. If they don't respond in a way that is helpful (not everyone knows what to say)... take a breath and start again from step 1.

If you're not sure who to talk to, there are many organisations that support young people and their body image, mental health and online safety:

Butterfly Foundation

Kidshelpline

Minus18 and QLife

headspace

Yarn Safe (headspace)

ReachOut

eSafety Commissioner



To access information, tutorials and resources from within the BodyKind Online Education program, scan the QR code here.