

ReAL Bodies

I N H E R T S

EVERY BODY **FOR** EVERYBODY

Daily reminder:

Your body is the
least interesting thing
about you.

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.

Visit the Just Talk website justtalkherts.org for help and advice around body image and how to stop social media making you feel bad about your body.

@JUSTTALKHERTS

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Daily reminder:

See **your reflection**
in the **eye of people**
who **love you.**

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Daily reminder:

Talk to yourself like
you would to
someone you love.

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Daily reminder:
Don't measure
yourself using
someone else's ruler.

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Daily reminder:

Value your **being**
over your **body.**

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Daily reminder:

“Love yourself
for **who** you are”

Barclay Academy student

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Daily reminder:

**“Other people’s
opinions don’t define
who you are”**

Barclay Academy student

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Daily reminder:

“Every body is
different don’t try to act or
look like others”

Barclay Academy student

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Daily reminder:

“It would be
boring if **everyone**
looked the same”

Barclay Academy student

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Daily reminder:

“You are the
most important
person in your **life”**

Marriotts School student

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Daily reminder:

“Don’t compare yourself to anyone - especially not on social media.”

Marriotts School student

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Daily reminder:

“Love yourself before
you begin to love others.”

Saint John Henry Newman School student

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JUST TALK

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Daily reminder:

“Don’t try to look like
someone else.”

Saint John Henry Newman School student

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“Accept your **body** for
what it is”

Saint John Henry Newman School student

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Daily reminder:

“Recognise that your
body is not everyone’s
main focus”

North Herts College student

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Daily reminder:

“Embrace your
insecurities”

North Herts College student

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